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How Sleepy Hollow was sold to Hollywood

What not to say to veteran showrunners PAGE 24

Making a list? Check it twice for local goodies

Area shops want your business and support this December PAGE 6

AMAZON CASTS THE FIRST DRONE

COMPANY WORKING ON WHAT COULD BE THE PREMIER DELIVERY METHOD OF THE FUTURE PAGE 16

Lillian Bailey, 88, holds the gas can she has been using for the last two and a half months to refuel the generator that keeps her home warm. JENNIFER GAUTHIER/FOR METRO

‘I’ve never lived like this’

Surrey. Trailer park has gone over two months without power and the stress is getting to one elderly resident

The incessant drone of the power generators at the Beladean Trailer Park in Surrey is loud enough that, standing outside, 88-year-old resident Lillian Bailey has to shout over them to be heard.

Not that Bailey, who has lived at the park for 22 years, ever really feels heard these days. The Beladean, once a happy place by her account, has been without power for two-and-a-half months thanks to an improperly supervised motel demolition on the site on Sept. 14.

Time and again the manager, Roshan Arora, whose brother owns the park, has promised to restore both her power and her phone line, which was also cut, but after so many broken promises she said she no longer believes him.

“I know my health has gone down now,” she said, noting the gas in her generator typically runs out around 4:30 each morning, at which point her difficulty sleeping can turn into difficulty staying warm.

“Now, I just want to go to bed and cover up my head and just don’t come out for a while. The stress has really got to me, where I wasn’t like that ever before in my lifetime. I’ve never lived like this.”

The residents living at the park have dwindled to just six from 11 in September.

Bailey, who was one of Canada’s first female maritime customs inspectors, is hoping the owners will relocate her and her ill 70-year-old son, Harry, to a manufactured home at another trailer park nearby, but those negotiations are ongoing.

Arora blames permit and weather troubles for the delay in getting the power back on, which he has been ordered to do at least three times by the city.

“We are trying to find a suitable place for (Bailey),” he said on Friday.

“It may take time, but later or sooner the things will be sorted out.”

Arora and his brother Suvash Chander own and run a multimillion-dollar business, the Punjab Cloth Warehouse, which includes a 2,300-square-metre warehouse in Surrey, according to its website.

KATE WEBB/METRO

MLA reaction

Surrey MLA Sue Hammell has made it her mission to help the residents as best she can by alerting community organizations to try to find them more suitable housing. She also got on the city’s case when she realized the park was so run down that it had an open sewer running down a ditch on one side.

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Man down. Abbotsford paper shuts its doors

The death knell sounded Monday for yet another community newspaper, the Abbotsford Mission Times.

One month after the 30-year-old newspaper was sold to Black Press by Glacier Media, Black Press decided to kill the paper because it was losing too much money, Black Press CEO Rick O'Connor told journalism website J-Source.

"The losses were far greater than we had expected," he told J-Source. "We're not miracle workers … there is only so much we can do."

Most of the staff took a buy-out from Glacier Media after the sale, O'Connor said.

The paper's managers had a meeting with Black Press on Monday. Sources say staff first heard of the imminent closure on Friday.

By Monday afternoon, the Abbotsford Mission Times website and Twitter feed were both erased from the Internet.

Black Press owns about 80 community papers across B.C. — including the competing paper in Abbotsford, the Abbotsford News — and about 100 more papers in Alberta, Hawaii, Ohio and Washington.

When Black Press purchased the Abbotsford Mission Times along with the Chilliwack Times in October, it sold four titles to Glacier Media.

The swap means one company now owns two papers in North Vancouver, Chilliwack and Delta.

Black Press is owned by David Black, who has plans to build a $26-billion oil refinery in Kitimat.

"As its former editor, this makes me sad," Victoria Times Colonist editor Cale Cowan tweeted. EMILY JACKSON/METRO

Students evacuated after bomb threat

An armed police officer stands watch outside King George High School in Vancouver's West End on Monday. Two threatening phone calls were made to the school around 11 a.m. claiming that a bomb was inside the building. The school was put on lockdown and students were evacuated. Hours later, police announced the bomb threat was believed to be fake. COURTESY DAN PIERCE

Accused trafficked drugs with gang: Ex-girlfriend

Surrey mass killing. Witness reveals violent lifestyle at trial of Rae Haevischer and Matthew Johnston

Two men on trial for the murders of six people, including two innocent bystanders, who were found dead in a Vancouver-area highrise were members of a gang that trafficked crack cocaine and used violence to take care of its problems, a former girlfriend told the court on Monday.

The woman, who can only be identified as K.M., is the latest witness at the trial of Cody Rae Haevischer and Matthew Johnston, who are each charged with six counts of first-degree murder for the October 2007 mass killing in Surrey.

They had been standing trial along with alleged gang leader Michael Le, but he pleaded guilty last week to conspiracy to commit murder.

Six people, including fireplace repairman Ed Schellenberg and 22-year-old building resident Chris Mohan, were shot dead in what the Crown has alleged was originally intended as a hit on a rival drug trafficker. Haevischer, Johnston and a third suspect, who can't be named, are alleged to have been directly involved in the killings.

K.M.'s testimony on Monday had yet to touch directly on the killings, but she offered a first-hand account of life inside the Red Scorpions gang, which, she said, ran dial-a-dope trafficking operations that expanded throughout B.C.'s Lower Mainland.

The woman, who appeared emotional as she took the stand, testified that she first met Haevischer in 2003, when she was working at a McDonald's restaurant and he and Johnston were frequent drive-thru customers. Haevischer — whom she knew by his pseudonym, Blake — asked for her telephone number and they began seeing each other.

Red Scorpions

K.M. said she hadn't heard of the Red Scorpions until the spring of 2004, when she went to a house where Haevischer was hanging out with a number of other men.

- She saw crack cocaine on a table and police-style batons in the room.

Before long, K.M. became aware of what Haevischer did for a living, she told the court. She said Haevischer sold crack cocaine as part of a dial-a-dope operation in Coquitlam, where she grew up. THE CANADIAN PRESS

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Woman killed as van plunges into Elk River

Slushy roads. Children also injured after vehicle slides off a slippery stretch of Highway 3 west of Fernie, B.C.

KATE WEBB
kate.webb@metronews.ca

A mother of three died and two of her children were severely injured after a family of five in a minivan plunged into the icy Elk River west of Fernie, B.C., on Sunday.

Mounties say the family was returning home to Coaldale, Alta., when their vehicle left the slippery stretch of Highway 3 and landed upside down in the river.

A couple driving by stopped, waded in and pulled all five family members out of the vehicle.

Witnesses and RCMP performed CPR on the mother, RCMP said, but she was pronounced dead at Fernie Hospital.

Police and a travelling doctor managed to revive a four-year-old child using CPR.

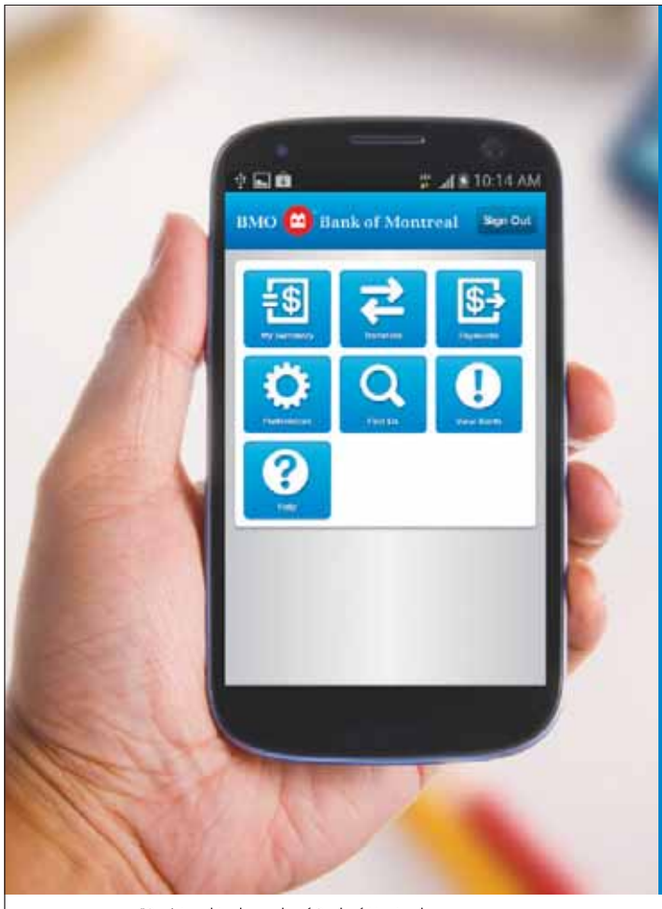
The father, who had been driving, and one of his children were treated for minor injuries, including hypothermia.

The other two children were transported to Alberta's Children's Hospital by air ambulance.

RCMP said the road was slushy due to an overnight snowfall and the father might have been attempting to pass and lost control when van went off the road.

The Fernie man who helped rescue the family was treated for hypothermia and released.

RCMP say the road was slippery when a family's minivan left Highway 3 and plunged into the Elk River on Sunday. TWITTER: @MIDNIGHTRIDER98



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Kamloops

RCMP label teen as high risk to commit terrorism

A provincial judge has tightened restrictions on a 17-year-old Kamloops boy labelled by the RCMP as a high risk to commit acts of violence and terrorism.

The court heard that Mounties searched the teen's home this year and found documents about bomb-making, torturing techniques and Canadian links to al-Qaida.

The youth, who can't be named under a publication ban, was in court Monday after he pleaded guilty to assaulting a social worker and breaching probation.

He is serving a three-year probation order for a conviction of arson and break-and-enter. Judge Chris Cleaveley sentenced the teen to 20 days in custody and 10 days of community supervision, then tightened the conditions after hearing about the materials the RCMP found in his home. THE CANADIAN PRESS

Pitt Meadows

Ottawa man arrested in 2008 B.C. murder

Homicide investigators in British Columbia have arrested an Ontario man in connection with the 2008 murder of Justin Yusko.

Yusko was found stabbed on Jan. 29, 2008, on the side of a road in Pitt Meadows, east of Vancouver.

The 28-year-old was transported to the hospital, where he died.

Cpl. Dominic Duchesneau with the Integrated Homicide Investigation Team says that on Saturday police arrested 32-year-old Maly Morn of Ottawa while he was in Metro Vancouver.

Morn has been charged with the first-degree murder of Yusko and kidnapping, and he was to make his first court appearance in Port Coquitlam Provincial Court on Monday. THE CANADIAN PRESS

Abbotsford

Police: Dangerous driving seems to be a guy thing

When it comes to bad drivers, Abbotsford men appear to be severely overrepresented.

Abbotsford police say despite a roughly equal number of male and female drivers on the city's roads, males are overrepresented where drinking and driving, distracted driving and speeding are concerned.

Police spokesman Const. Ian MacDonald says about 84 per cent of impaired drivers who are ticketed are men, while only about 16 per cent are women.

He also says about 67 per cent of people who are ticketed for distracted driving are men, and the numbers for speeding are roughly the same.

Police say impaired driving, distracted driving and speeding are the top three causes of injury and death, and men are clearly outpacing women in violation tickets. THE CANADIAN PRESS

Buy local, build community

Holiday shopping. Local entrepreneurs urge residents to think beyond saving a buck

EMILY JACKSON
emily.jackson@metronews.ca

Whether you sip locally roasted coffee on a holiday date or place a locally grown wreath on your front door, a group of Vancouver entrepreneurs wants you to buy local this season.

If just one per cent of holiday spending was diverted to local businesses — the average Canadian shells out $1,400 on gifts, food, booze and travel during this time of year — it would create 3,100 jobs across B.C., said LOCO founder Amy Robinson, whose organization advocates for small businesses.

Sure, the price tags may be lower at major retailers during Black Friday or Cyber Monday, but local shops give back to their communities, Robinson said on Monday during a tour of local businesses to kick off B.C.'s second annual Buy Local Week.

Vancouver shop Olla Flowers, for instance, sells locally grown succulents, hires people from the Downtown Eastside with barriers to employment and teaches classes on how to make living wreaths, said owner Megan Branson.

Her three-year-old business is even working with a charity to make vases and ceramics in the city.

Down the street, East Van Roasters can't keep up with the demand for its homemade chocolate, chocolatier Shelley Bolton said.

Operated by the Portland Hotel Society, the coffee and chocolate shop started to help women living upstairs at the Rainier Hotel. It employs 10 people from the community.

The brew is served at local restaurants like Nuba, where manager Maddy Kipling was happy to shine a spotlight on local businesses where she sources her greens and ice cream.

These community relationships add the kind of value that doesn't come from saving a buck, LOCO's Robinson said.

In this together

"They live here; they circulate profits here.... If those people don't have customers, we don't have strong communities."

LOCO founder Amy Robinson

Olla Flowers owner Megan Branson waters her succulents at her shop on Cambie Street. EMILY JACKSON/METRO

Raising the alarm is not optional: Privacy czar

Public bodies in British Columbia, including the provincial government, don't do enough to warn people about potential dangers, said the provincial privacy commissioner.

In a report released Monday, Elizabeth Denham recommends the Liberal government amend the Freedom of Information and Protection of Privacy Act to ensure people have sufficient information.

Denham said details about issues such as the state of crumbling infrastructure, the location of marijuana grow operations and how long it takes for an ambulance to arrive should be available to the public.

"I'm concerned that public bodies don't understand the mandatory nature of their duty to warn," she said in an interview. "It's not discretionary and it applies to all public bodies from school boards to municipalities to health authorities to all government ministries."

Denham said other laws, including the Public Health Act and Police Act, include public-reporting provisions that are strictly followed, but it appears many public bodies only warn out of their sense of duty, not from their obligation to do so.

Her report states the government failed the public when it came to telling Oliver-area residents that the earthen Testalinden Lake Dam could collapse. In 2010, the dam breached and caused massive damage.

Denham's report cites a 1978 government report that stated: "The dam in its present condition is a hazard to life and property to some of the settled areas." THE CANADIAN PRESS

Not kidding around

"I'm concerned that public bodies don't understand the mandatory nature of their duty to warn."

Provincial privacy commissioner Elizabeth Denham

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Vancouver's past and present (such as these panoramas taken from the top of city hall) will collide at the H.R. MacMillan Space Centre on Wednesday. CITY OF VANCOUVER ARCHIVES/H.R. MACMILLAN SPACE CENTRE

Time-travel at the Space Centre

A trip to Vancouver's past. Historic panoramas of the city meet modern-day recreations

MATT KIELTYKA
matt.kieltyka@metronews.ca

The stargazers at the H.R. MacMillan Space Centre are stepping into the time machine.

The centre is hosting part two of its "Through the Lens: Building Vancouver's History" Wednesday night, blending historic panoramics of Vancouver — taken by William J. Moore in the early 1900s — with modern-day recreations to show how the city has changed in the past century.

Using the centre's state-of-the-art projection to show the scale of Moore's extremely detailed, digitized photographs whose negatives spanned eight feet in length has a powerful effect on the audience.

Especially when compared to their modern-day equivalents, which required a photographer to stitch together up to 48 photos to recreate the effect.

On a non-technical level, "it's very cool," said Lisa McIntosh, the centre's director of learning. "It feels almost life-size. It gives you a slice of what Vancouver was like back then, what was going on in Vancouver in that era."

Part two of Through the Lens, presented by local historian Michael Kluckner, features photos of Kerrisdale, False Creek and Granville Island.

"One of Moore's photos at Arbutus and 41st shows a vast amount of undeveloped land that had just been logged with a few buildings in it," said McIntosh.

Now, the intersection is the heart of trendy, busy Kerrisdale.

"You wouldn't believe it's the same place," she continued, "but the train tracks and telephone poles still exist in the same spot."

Doors for the presentation open at 6:30 p.m. and McIntosh recommends buying tickets ($13 for an adult) in advance.

"We had a long lineup to get in the last time," she said.

All of Moore's digitalized panoramic photos of Vancouver can be found online, at the City of Vancouver Archives' Flickr page.

Close call. Security under review after Seattle-to-Victoria ferry theft: Officials

A sex offender who authorities say managed to steal one of the boats used for Seattle-to-Canada ferry service had his bail set at $200,000 as company officials reviewed security procedures to try to prevent trespassers from getting on board the vessels in the future.

"We were very, very fortunate this individual did not run into a state ferry or grain ship out by the grain terminal," Clipper Vacations CEO Darrell Bryan said. "It was a hell of a wake-up call."

Samuel Kenneth McDonough was arrested by a SWAT team that boarded a Victoria Clipper on Sunday, seven hours after the ship motored away and drifted in Elliott Bay. McDonough, 33, was jailed for investigation of burglary, reckless endangerment, malicious mischief, and an outstanding warrant for failure to register as a sex offender.

A King County judge set his bail Monday and prosecutors have until Wednesday to formally charge him. It wasn't known whether McDonough has a lawyer. In a probable cause statement released Monday, McDonough told police he did not know how to operate the vessel or its lights.

Clipper ships make daily runs from Seattle to Victoria. Victoria Clipper is popular with tourists and ferries about 300,000 passengers a year.

THE ASSOCIATED PRESS

Danger

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Many are wondering how the ferry, valued at $8 million, was pirated away in an incident that could have done severe damage to other boats and the bay. The boat had about 5,000 litres of diesel on board.

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N.Y. derailment. Train was travelling 52 m.p.h. over the speed limit

A commuter train that derailed over the weekend, killing four passengers, was hurtling at 82 m.p.h. as it entered a 30 m.p.h. curve, a federal investigator said Monday. But whether the wreck was the result of human error or brake trouble was still unclear, he said.

Asked why the train was going so fast, National Transportation Safety Board member Earl Weener said, "That's the question we need to answer."

Weener said the information on the locomotive's speed was preliminary and extracted from the Metro-North train's two data recorders, taken from the wreckage after the Sunday morning accident in the Bronx.

He also said investigators had begun interviewing the crew members, but he would not disclose what the engineer had told them.

He said investigators were also examining the engineer's cellphone — apparently to determine whether he was operating the train while distracted.

Asked whether the tragedy because of human error or bad brakes, Weener said, "The answer is, at this point in time, we can't tell." THE ASSOCIATED PRESS

Expenses scandal. Senate will give RCMP emails from 4 senators

The Senate is scrambling to provide the RCMP with all emails from four senators implicated in an alleged deal to pay off Mike Duffy's ineligible expenses and whitewash a report on the matter.

The Mounties have obtained a court order for the emails, but there was a possibility the Senate could have refused to provide them, claiming parliamentary privilege.

However, Noel Kinsella, Speaker of the Senate, says he's decided parliamentary privilege should not be used as a shield to stymie a police investigation.

Hence, he says the Senate is co-operating fully and will provide the emails within 30 days of the Nov. 20 court order. THE CANADIAN PRESS

Ottawa

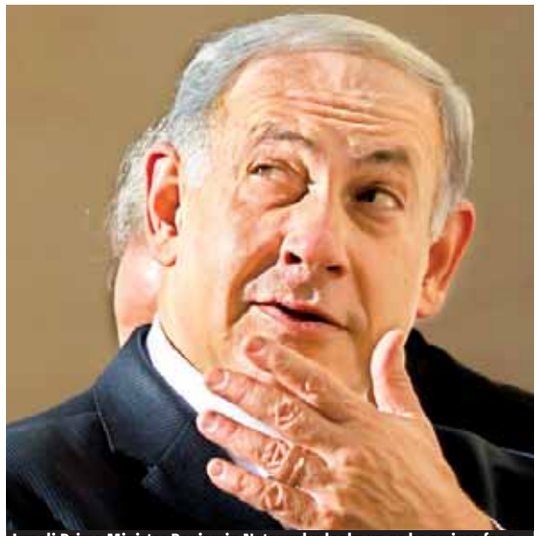
New regulations ahead for prepaid credit cards

Ottawa is moving ahead with new regulations on so-called prepaid credit cards, but not in time for the holiday shopping season.

A source says the federal government will bring in an array of regulations governing prepaid cards, including an end to expiry dates and a prohibition on charging maintenance fees for the first year.

THE CANADIAN PRESS

Netanyahu under fire for high-rolling ways



Israeli Prime Minister Benjamin Netanyahu looks up as he arrives for a private audience with Pope Francis at the Vatican on Monday.
RICCARDO DE LUCA/THE ASSOCIATED PRESS

It's all about the Benjamins. Israeli PM raised taxes, slashed services while spending thousands on candles and flowers

Israeli Prime Minister Benjamin Netanyahu's penchant for scented candles is setting off a stink, with media and politicians accusing him Monday of extravagantly spending public money.

According to a document obtained by a civil liberties group, in 2012, Netanyahu spent $1,700 on scented candles, $23,300 on flower arrangements and $31,600 on gardening at his official residence in Jerusalem, among other costs totalling about $909,000.

The report threatens to embarrass Netanyahu, whose government raised taxes and slashed services earlier this year to decrease a budget deficit.

"When the prime minister presents such inflated and absurd amounts in the expense sheet to the nation, he can't look at his citizens in the eye and swear that there must be cuts to their welfare, health care, security and education," wrote Arye Aplatoni in the Maariv daily.

THE ASSOCIATED PRESS

More details

- Netanyahu was also shown to spend $11,800 on laundry and $41,600 on catering at his residence.
- The water bill for his vacation home amounted to more than $22,000, and the electrical bill hit $7,390.

UN: 'Massive evidence' Assad involved in war crimes in Syria

A growing body of evidence collected by UN investigators points to the involvement of senior Syrian officials, including President Bashar Assad, in crimes against humanity and war crimes, the UN's top human rights official said Monday.

The statement by Navi Pillay, who heads the UN Office of the High Commissioner for Human Rights, adds to the pressure for quicker action on Syria ahead of a key peace conference planned for Geneva in January. The conference, brought on by combined UN, U.S. and Russian diplomacy, would for the first time bring the Assad government and opponents together for face-to-face negotiations.

"As we look around the world at the end of 2013, we see examples of situations where that readiness of the international community to act in time is already being sorely tested," Pillay told a news conference.

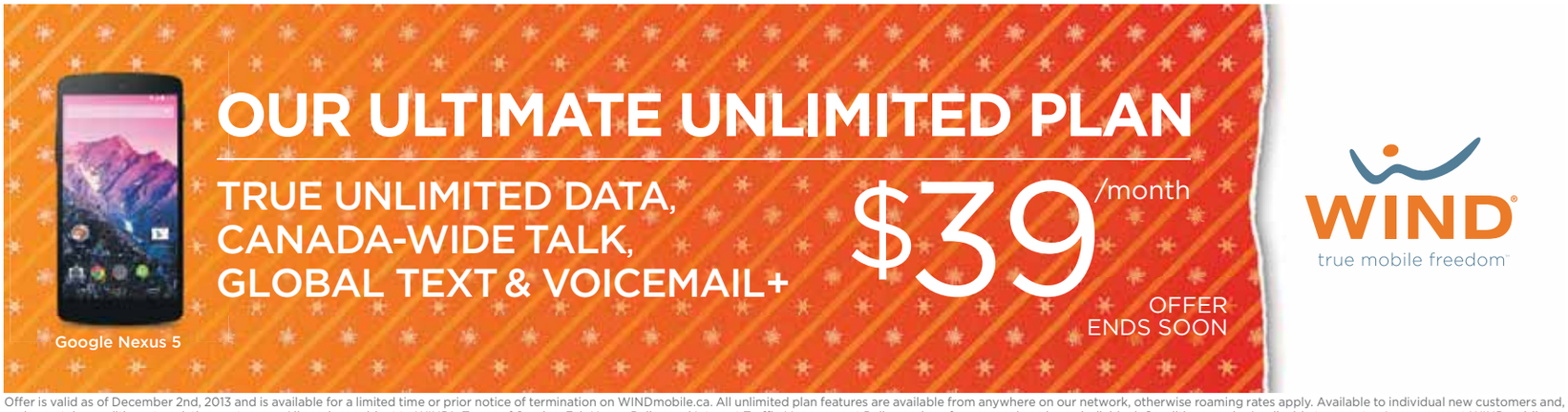
Pillay said the Syrian abuses — suspected massacres, chemical attacks, torture, rape and a litany of other horrors — are being well documented by a UN panel of investigators.

"They've produced massive evidence," she said. "They point to the fact that the evidence indicates responsibility at the highest level of government, including the head of state."

Syrian Deputy Foreign Minister Faisal Mekdad was dismissive of Pillay's remarks.

"She has been talking nonsense for a long time and we don't listen to her," he said.

THE ASSOCIATED PRESS



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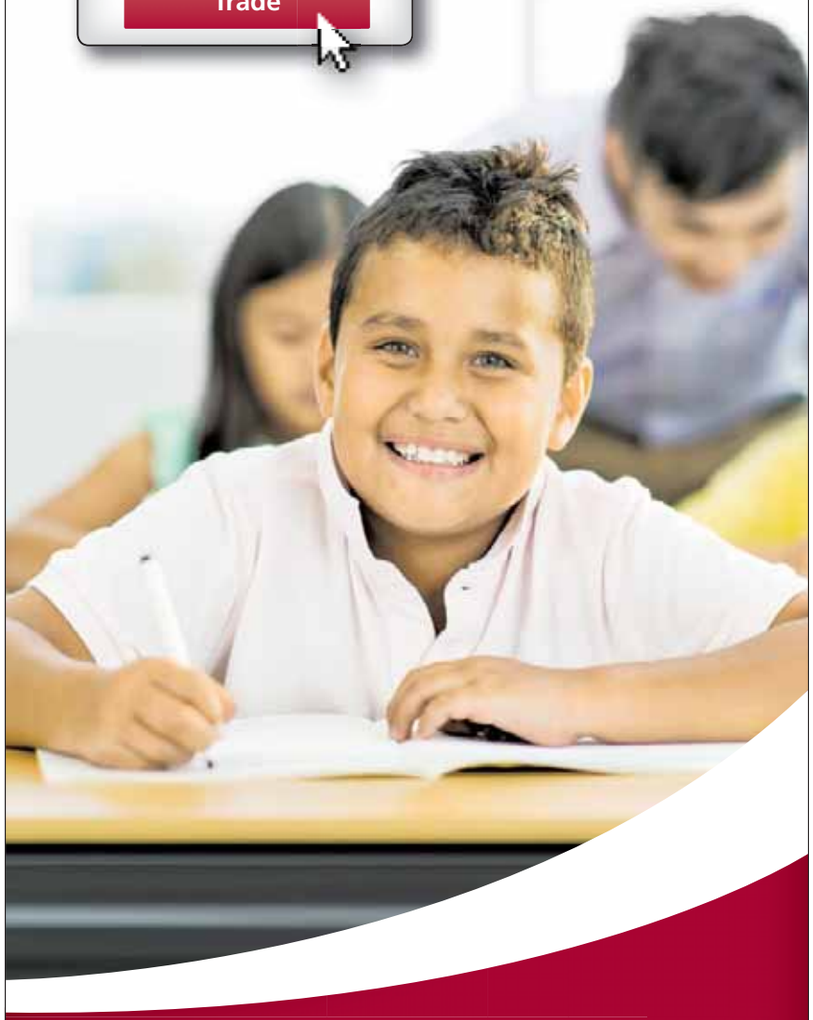

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Rafferty seeks public money to fund appeal

Victoria Stafford murder. Michael Rafferty can't afford legal help but needs it to appeal complex case, his lawyer argues

Michael Rafferty, left, wants the Appeal Court to order that the public fund his appeal of his convictions in the death of eight-year-old Victoria Stafford, right. LEFT: DAVE CHIDLEY/THE CANADIAN PRESS FILE; RIGHT: CONTRIBUTED

The jury that convicted Michael Rafferty of killing eight-year-old Victoria Stafford should have considered that he might have been only an accessory after the fact to her brutal murder, Ontario's Appeal Court was told Monday.

The argument was part of lawyer Paul Calarco's attempt to convince the court that there is merit to an appeal of Rafferty's convictions for first-degree murder, sexual assault causing bodily harm and kidnapping.

Rafferty wants the Appeal Court to order that the public fund his appeal, which Calarco argues is too complex for Rafferty to handle by himself. Rafferty can't afford to hire a lawyer and has been turned down four times by Legal Aid since his convictions in May 2012.

Rafferty's trial heard that he and his former girlfriend, Terri-Lynne McClintic, lured Victoria from her school in Woodstock, Ont., and drove to a secluded field, where the Grade 3 student was sexually assaulted and brutally beaten to death in April 2009.

It's "absolutely vital" that every person have the right to a fair trial and a proper appeal, Calarco said.

"That applies no matter if the person is one for whom the public has sympathy ... or a person the public has no sympathy for," he said.

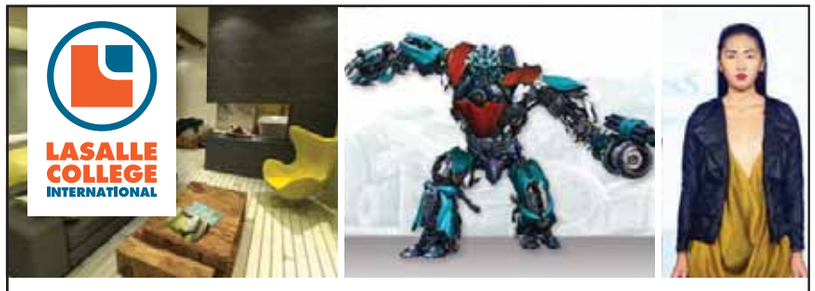
Appeal Court Justice Marc Rosenberg reserved his decision, but he can either dismiss Rafferty's motion, request that Legal Aid fund a lawyer or order that the money should come from the Attorney General.

Rafferty had been serving his life sentence at Kingston Penitentiary, but after the prison closed this year, he was moved to an institution in Quebec. THE CANADIAN PRESS

Grounds for appeal?

The trial judge made three errors, lawyer Paul Calarco told the court.

- McClintic made conflicting statements about whether she or Rafferty delivered the fatal blows to Tori. If she was the "principal offender," then Rafferty's actions would make him an accessory after the fact.
- Superior Court Judge Thomas Heeney erred by not giving the jury a Vetrovec warning, which cautions juries about the testimony of untrustworthy witnesses.
- The third ground is another issue regarding McClintic's conflicting evidence. "This is a person who is totally capable of deceit," Calarco said.
- Crown attorney Randy Schwartz opposed the motion, arguing that the appeal is not particularly complex and doesn't raise novel points of law.



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MLA in hot water over photo with blackface Christmas character

Halifax. MLA says he now realizes traditional Dutch Christmas character 'Black Pete' may be inappropriate

HALEY RYAN
Metro in Halifax

Liberal MLA Joachim Stroink gets emotional as he takes questions from the media at the Liberal office Monday after receiving criticism for a photo, seen at right, that he posted on Twitter. JEFF HARPER/METRO IN HALIFAX

The Liberal MLA for Halifax-Chebucto fought back tears Monday as he spoke with media about a photo of himself sitting on the lap of a blackface Christmas character he had posted to Twitter and later removed due to the backlash.

Joachim Stroink tweeted the image of himself and his wife at a Dutch Christmas event with Zwarte Piet, or "Black Pete," on Sunday evening

"This is a Dutch tradition I grew up with and never, ever in my deepest heart, ever thought that this would be portrayed in this manner," Stroink said. "There was no malicious intent whatsoever."

The debate around Pete intensified this year after cultural experts with the United Nations began examining whether the tradition is racist. People in the Netherlands are also divided, with some protesting the character and others declaring Zwarte Piet a symbol of Christmas fun.

Stroink said the negative attention he was getting on Monday "hurts in many ways," because he's had to realize parts of his own culture might be at odds with the African Nova Scotian citizens he represents as a politician.

"I have to be respectful that I represent every culture, and no longer Joachim Stroink."

Stroink said he realizes there is "no place" for blackface in Nova Scotia culture, and met with Tony Ince, a black member of the legislature and the minister of African Nova Scotian affairs, to discuss updating the tradition.

He said it could be that Zwarte Piet is no longer appropriate, but that's something the Dutch community should decide on their own, with "hopefully" Stroink and Ince's help.

Questioning tradition

'Black Pete' sparks debate

The Dutch character is the servant of St. Nicholas or "Sinterklaas" according to a traditional song, and is often shown wearing blackface makeup, red lipstick and a frizzy "Afro" wig.

"It may be part of a tradition but that doesn't mean that it's right," said Christopher Helland, a sociology of religion professor at Dalhousie University.

The photo may not have been such an issue without social media, Helland said, but added online debates are good because they allow people who aren't usually heard to express their concerns.

Read all about it. Brazeau lands himself new gig as Parliament Hill reporter

Suspended senator Patrick Brazeau has found work as a freelance reporter for the Halifax edition of Frank Magazine, despite having no prior journalism experience.

Brazeau openly solicited work on Twitter after he and fellow senators Mike Duffy and Pamela Wallin were suspended in early November over their questionable expense claims.

The satire and gossip magazine — not to be confused with the entirely distinct Ottawa version of the same name — announced its newest hire Monday.

Brazeau dropped off his application for accreditation to the parliamentary press gallery in person Monday afternoon. The press gallery's board of directors will now decide whether or not to accredit Brazeau.

THE CANADIAN PRESS

Patrick Brazeau applies for membership to the parliamentary press gallery at the National Press Building in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Manitoba

Opposition leader wishes 'infidel atheists' a happy holiday

Manitoba's Opposition leader Brian Pallister gave a holiday message last week to a citizen journalist with a video camera that's left online commentators divided as to whether his comments were insulting or an awkward attempt at humour.

In the recording, which has thousands of views on YouTube, Pallister offers seasonal greetings to Christians, Jews and others: "All you infidel atheists out there, I want to wish you the very best also," the Progressive Conservative leader says.

"I don't know what you celebrate during the holiday season. I myself celebrate the birth of Christ, but it's your choice, and I respect your choice. If you wish to celebrate nothing and just get together with friends, that's good, too."

On Monday Pallister asked for forgiveness while at the same time defending his use of the word infidel.

THE CANADIAN PRESS

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This image provided by Amazon.com shows the Prime Air unmanned aircraft project. AMAZON/THE ASSOCIATED PRESS

Here come the Amazon.com drones

This is not a joke. By 2018, the world's largest online retailer aims to deliver your order to your door via a drone

Amazon.com is working on a way to get packages to customers in 30 minutes or less — via self-guided drone.

Consider it the modern version of a pizza delivery boy, minus the boy.

Amazon.com said it's working on the so-called Prime Air unmanned aircraft project in its research and development labs. But the company says it will take years to advance the technology and for the Federal Aviation Administration to create the necessary rules and regulations.

The project was first reported by CBS' 60 Minutes Sunday night.

THE ASSOCIATED PRESS

The specs

- The drones can carry packages that weigh up to five pounds, which covers about 86 per cent of the items Amazon delivers.
- Amazon is testing the drones to have a range of about 17 kilometres, which could cover a significant portion of the population in urban areas.

Calling for $15/hr. Can I get a living wage with that fast-food job?

Fast-food workers in about 100 U.S. cities will walk off the job this Thursday, protest organizers say, which would mark the largest effort yet in a push for higher pay.

The actions would build on a campaign that began about a year ago to call attention to the difficulties of living on the American federal minimum wage of $7.25 US an hour.

Protesters are calling for pay of $15 US an hour, although many see the figure as a rallying point rather than a near-term possibility.

It's not clear what the actual turnout will be, or whether the walkouts will be enough to disrupt restaurants' operations. Similar actions this summer had varying results, with some restaurants briefly unable to serve customers and others seemingly unaffected.

THE ASSOCIATED PRESS

In August, protests were held outside McDonald's. Another round of demonstrations is set for Thursday. RICHARD DREW/THE ASSOCIATED PRESS FILE

Cost rose 6.9%

On the 13th day of Christmas came the $114,651 Visa bill

The price of buying lords-a-leaping for your true love jumped this year. If you buy all 364 items repeated throughout the carol The Twelve Days of Christmas, you'll pay $114,651 US, 6.9 per cent more than 2012.

THE ASSOCIATED PRESS

Market Minute

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BLACK FRIDAY LEAVES A BLACK MARK

SHE SAYS

Jessica Napier
metronews.ca

For five days straight my email inbox has received an uninterrupted deluge of sale announcements and promotional messages touting can't-miss markdowns on everything from leather jackets to hotel rooms to sushi platters.

From Black Friday Eve (previously known as American Thanksgiving) through to Cyber Monday, my cellphone has served as an annoying reminder of our collective obsession with discounted consumer goods and my own inability to remove myself from email lists.

You'd think Canadians would have been spared from this fabricated "holiday." But even though our Thanksgiving came and went over a month ago, Canadian retailers just had to get their own slice of that profitable retail pie. Wait — I should probably avoid "pie" references as they might conjure up images of families spending time together, when in fact 'tis the season for saving 40 per cent off flat-screen TVs.

I get it, stuff is expensive, and when that same stuff becomes not so expensive for a limited time, it's tempting to try and cash in on those savings. But the whole Black Friday thing has gotten out of control.

How does a simple holiday sale transform an average group of people into a stampeding herd who will stop at nothing to validate their self-worth through the accumulation of designer clothing and brand-name electronics?

In 2008, a 34-year-old Walmart employee died in Long Island after being trampled to death by hordes of impatient shoppers waiting to enter the store.

One of the worst things about this heinous event is that the bargain hunters — upon hearing the news of the man's death — just kept shopping. The same thing happened again in 2011 when shoppers walked over a 61-year-old man's collapsed body at a Target store in West Virginia.

According to blackfridaydeathcount.com — a morbid website that tallies the number of deaths and injuries related to Black Friday shopping events — there have been seven deaths and 90 injuries recorded since 2006. It's sickening to think that we've come to accept tragedies as just another part of this annual ritualistic display of mass consumption.

Blackfridaydeathcount.com

There have been seven deaths and 90 injuries recorded since 2006.

Why do we continue to support a tradition that puts a price on a human life, especially when that dollar amount is a mere $35 off a Blu-ray player?

Sorry to get a bit sentimental, but what I really want for Christmas this year doesn't have a price tag on it. I want us all to start acting less greedy and much more humane. I want to live in a world where, if people see a man fall, they help him get back up rather than brutally crushing him to death as they lunge at 2-for-1 Lego box sets.

Watching clips of savage shoppers mauling one another in the electronics aisle, I find myself wishing that this time of year could look more like the feel-good opening montage from Love Actually rather than a climactic scene from The Hunger Games.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Satan Claus is coming to town

SEAN GALLUP/GETTY IMAGES

Empty stockings should be the least of your fears

Revellers in Austria wear demon outfits while girls dress as angels prior to the annual Krampus night. The event honours Krampus — who, according to folklore, is the demon-like companion of St. Nicholas — who whips bad children with birch branches. METRO

Devil-may-scare

Krampus is represented by a hand-carved wooden mask with animal horns, a suit made from sheep or goat skin and large cow bells attached to the waist. In recent years, Tyrol has seen the founding of village Krampus associations with up to 100 members each who parade without St. Nicholas at Krampus events in November and early December.
METRO

Krampus's pagan roots

- The European practice of donning beast-like costumes and performing folk plays can be traced back thousands of years to pagan times. Among the most common figures in these rituals were Old Man Winter and the horned Goat-Man — archetypes now found in the forms of St. Nicholas/Santa Claus, and the devil, a.k.a. Krampus.
- Since the 1800s, Krampus has been emblazoned on festive greeting cards, often with the message "Grüß Vom Krampus" ("Greetings from Krampus"). In this way, the Krampus acquired a campy, Santa-ized quality. In 2004, comics publisher Monte Beauchamp reintroduced Krampus cards to America nearly a century after their heyday.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Whether it's the holidays or vacations that have you squeezed for cash, December can be the perfect month to stay inside. Here's three games that should serve you well:

Lords of Waterdeep:

Build a network of agents and recruit adventurers to climb the ladder of power in Waterdeep, all while racing against your rival lords. Developed by Playdek, the simple mechanics and smooth multiplayer make it just the latest in an embarrassment of board game riches available on the App Store. A note to new players: The AI is merciless. Play through the tutorial and take your game to some human competition. (iOS/$6.99)

Plague Inc:

Richly supported with updates since its 2012 release, the developers of this death-to-humanity strategy sim have just dropped a new scenario. Choose the country where you would like your pet pathogen to infect its first victims, then hone its lethal skills and hopefully watch it spread to take its place among history's most effective plagues. (iOS, Android/$0.99)

Mikey Shorts:

If you're looking for a time-waster that's a little less , the price has dropped on the excellent Mikey Shorts from $0.99 to a crowd-pleasing zero cents. It's a simple sidescrolling runner that owes more than a little debt to Super Mario Bros. and just as addictive. (iOS/Free)

SCREENGRAB

Letters

Where's the Black Friday reporting?
I noticed while reading the Metro that there was zero reporting about the ridiculous behavior of people during Black Friday shopping. I was hoping considering last week's papers were bursting with flyers, full and extended pages of ads, that you would report **anything** about the injuries or deaths caused by selfish shoppers. Instead, nothing. I guess it's easier to take money for Black Friday advertising than give an opinion on the reprehensible human behavior that comes with it.
Brian George Bowes, Toronto

Twitter

Suspended Senator Patrick Brazeau gets a gig with political satire mag Frank. What other kinds of work should he take on?

@FrenchmanCanada: He tried boxing and that didn't work really well. He should try wrestling, his twitter handle would make a great name: @TheBrazman

@KevinCHamilton: I think a career in satire really is the best thing for such an absurd person. Easier to explain away the crazy things he says.

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

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2013 Holiday Program Guide

Go to **cbc.ca/holiday** for our full schedule.

CBC

December

Nov. 24	**7:30 pm**	Merry Christmas Mr. Bean
Mon. 2	**9 pm**	Stars on Ice 2013
Sat. 7	**7 pm ET**	HNIC - Toronto @ Ottawa
	7 pm ET	HNIC - Buffalo @ Montreal
	7 pm ET	HNIC - Winnipeg @ Tampa Bay
	10 pm ET	HNIC - Calgary @ Edmonton
Sun. 8	**8 pm**	Toy Story 3
Mon. 9	**8 pm**	Elf
Tues. 10	**8 pm**	This Hour Has 22 Minutes Holiday Special
Wed. 11	**8 pm**	Dragons' Den Holiday Special
Thurs. 12	**8 pm**	Miracle on 34th Street (1994)
Fri. 13	**8 pm**	Season of Song: Canadian Tenors and Friends
	9 pm ET	HNIC - Edmonton @ Vancouver
Sat. 14	**7 pm ET**	HNIC - Dallas @ Winnipeg
	7 pm ET	HNIC - Chicago @ Toronto
	7 pm ET	HNIC - Montreal @ NY Islanders
	10 pm ET	HNIC - Boston @ Vancouver

Steven and Chris
Holiday episodes
December 9th to 20th at 2 pm

Sun. 15	**7 pm**	Rudolph
	8 pm	The Santa Clause
Mon. 16	**8 pm**	How the Grinch Stole Christmas
	8:30 pm	The Magic Hockey Skates
	9 pm	Holiday Festival on Ice
Tues. 17	**8 pm**	Canadian Country Music Association: Home for the Holidays
Wed. 18	**8 pm**	The Santa Clause 2
Thurs. 19	**8 pm**	The Santa Clause 3
Fri. 20	**8 pm**	Home Alone
Sat. 21	**7 pm ET**	HNIC - Detroit @ Toronto
	7 pm ET	HNIC - Montreal @ Nashville
	10 pm ET	HNIC - St. Louis @ Edmonton
Sun. 22	**4 pm**	The Snowman and the Snowdog
	4:30 pm	The Snowman
	7 pm	Mickey's Christmas Carol
	7:30 pm	Frosty the Snowman
	8 pm	National Lampoon's Christmas Vacation
Mon. 23	**6:30 pm**	Frosty Returns
	7 pm	Rudolph (encore)
	8 pm	A Christmas Story

* Check Local Guides. Christmas Day programming varies by region.
Schedule subject to change. Check local listings.

Tues. 24	**6:30 pm**	The Snowman and the Snowdog
	7 pm	Season of Song: Canadian Tenors and Friends
	8 pm	Scrooge
	11:30 pm	George Stroumboulopoulos Tonight Christmas Eve Special

CBC radio one
CBC radio 2

Deck the halls with festive music and programming December 24 and 25.

Starting at 5pm on CBC Radio 2, and 8pm on CBC Radio One.

For local radio frequencies, please visit **cbc.ca/frequency**

~ Christmas Day ~

Wed. 25	**10 am**	Disney Parks Christmas Day Parade
	12 pm	Season of Song: Canadian Tenors and Friends
	1 pm	Booky & the Secret Santa
	3 pm	Goose on the Loose
	5 pm	Lassie
	5 pm	George Stroumboulopoulos Tonight Christmas Eve Special (encore - Toronto and Vancouver only)
	7 pm	Frosty the Snowman
	7:30 pm	Frosty Returns
	8 pm	Miracle on 34th Street (1947 Classic)
	11 pm	Season of Song: Canadian Tenors and Friends
Thurs. 26	**8 pm**	Holiday Festival on Ice (encore)
	9 pm	CCMA: Home for the Holidays (encore)
Fri. 27	**8 pm**	Happy Feet
Sat. 28	**7 pm ET**	HNIC - Boston @ Ottawa
	7 pm ET	HNIC - Montreal @ Tampa Bay
	10 pm ET	HNIC - Philadelphia @ Edmonton
Sun. 29	**5 pm**	Pirates of the Caribbean III: At World's End
	8 pm	Up!

~ New Year's Eve ~

Tues. 31	**4 pm**	2013 Maple Leafs vs Red Wings Alumni Showdown™
	7 pm	This Hour Has 22 Minutes Holiday Special (encore)
	8 pm	Royal Canadian Air Farce New Year's Eve Special
	9 pm	Gerry Dee New Year's Eve Special
	11:30 pm	George Stroumboulopoulos Tonight New Year's Eve Special
Jan. 1	**1 pm ET**	Bridgestone NHL Winter Classic® Toronto @ Detroit
	4 pm	Road to the Olympics

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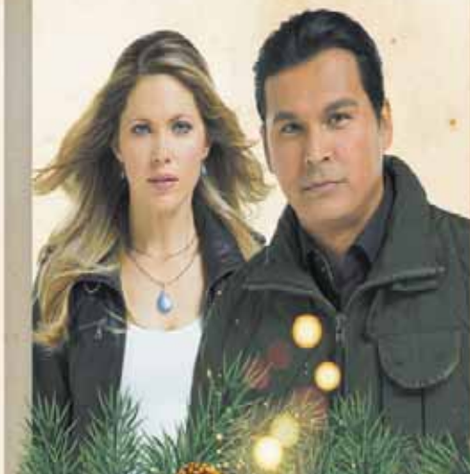

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DVD review

The Hangover Trilogy

Director. Todd Phillips

Stars. Zach Galifianakis, Bradley Cooper, Ed Helms

Any definition of the law of diminishing returns should in future simply have an arrow pointing to the cover of this triple set. The Hangover arrived in 2009 as a hilarious original comedy/mystery directed by Todd Phillips and starring Bradley Cooper, Zach Galifianakis, Ed Helms and Justin Bartha. The high-concept story had the four actors as bachelor party attendees on a Vegas bender. Three of them awaken from a night of drunken frolics to discover the fourth guy, the groom, MIA and possibly in danger. Wacky clues and bizarre antics enliven their search, which did boffo box office biz. A sequel was a given, but few could have predicting the rinse-and-repeat rip that was The Hangover Part II in 2011, which essentially replayed the story in a more exotic locale, Bangkok. Expectations were low for The Hangover Part III this past summer, and those expectations were met. Phillips thankfully ditched the drunk-and-hunt plot, replacing it with a crime angle (John Goodman plays an angry gangster). But he also dumped most of the laughs. The first film remains good enough to almost forgive the two weak sequels.

PETER HOWELL

Climb every mountain

The Sound of Music Live! Time is ticking for the cast of NBC's live production — a feat not attempted in more than 50 years

Carrie Underwood stars in The Sound of Music Live! on Thursday.
THE ASSOCIATED PRESS

Maria, former would-be nun, is about to get married.

Starring as Maria in NBC's new version of The Sound of Music, Carrie Underwood is clad in her own T-shirt and leggings plus a wedding veil as she reverently steps through the bare-bones Manhattan rehearsal space while three dozen castmates, on their feet as if in church, sing How do you solve a problem like Maria?

Underwood's procession ends at the "altar" (marked by a music stand) to join her groom, Capt. von Trapp, played by jeans-and-sweater-sporting Stephen Moyer.

During this preliminary run-through a few weeks ago, much work clearly remained to get The Sound of Music Live! ready for airtime on Thursday, when it, along with everyone involved, will make history: More than a half-century has passed since a broadcast network has dared to mount a full-scale musical for live TV.

It would have been risky enough revisiting this Rodgers and Hammerstein classic on any terms. But this is no remake of the not-to-be-tampered-with Julie Andrews juggernaut, declares Neil Meron. Meron and longtime partner Craig Zadan are the telecast's Oscar-winning executive producers.

Instead, The Sound of Music Live! is the 1959 Broadway musical reimagined for TV, then given extra crackle with a live presentation.

Meron's message: Everybody knows The Sound of Music, or thinks they do from the 1965 film nearly everyone has seen. But relatively few fans are acquainted with the stage original. Drawing from it, The Sound of Music Live! is meant to feel familiar, yet at the same time come across as new and different.

Consider: Moyer with castmates Laura Benanti (as Baroness Elsa Schrader) and Christian Borle (as Max Detweiler) are rehearsing a couple of weeks later a saucy song titled How Can Love Survive? This song will be brand-new to most viewers of the telecast — it was dropped from the movie.

"Plenty of nothing you haven't got. How can love survive?" Max tunefully teases the wealthy Elsa, who, in her posh relationship with her fiance, Capt. von Trapp, can never count theirs among "all the famous love affairs (where) lovers starve and snuggle."

This number, sung to an instrumental track recorded by a 40-piece orchestra, takes place on the sumptuous von Trapp terrace, complete with a fountain and a panoramic view of the Alps.

There are still no costumes — at the moment, Borle is wearing jeans and a Batman T-shirt — but by now the entire production has redeployed to a cavernous Long Island, N.Y., soundstage.

Grumman Studios' Stage 3, with square footage rivaling a football field's, is now home to the terrace, along with five neighbouring sets evoking pre-Second World War Austria including the abbey, a festival site draped with huge swastikas and the summit over which (spoiler alert) Maria, the Captain and his seven children pass to flee the Nazis at the musical's conclusion.

This will mark Carrie Underwood's first time in a major acting role. Despite her status as a multiplatinum country music superstar who rose to fame as the winner of American Idol in 2005, she is a rookie compared to the other stage veterans.

"Carrie is one of the bravest artists we've ever worked with," says Meron, who notes that she arrived two weeks before the production's six-week rehearsal began with her lines fully memorized, to get a head start.

"Every day," she says during a break, "I feel like I discover new things and how to go places in acting that I didn't think I could go."

THE ASSOCIATED PRESS

Where to watch it

- **Citytv.** The Sound of Music Live! airs on Thursday at 8 p.m. EST.
- **NBC.** Also begins the live show at 8 p.m. EST

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Don't call it time travel: How a video store clerk pitched Sleepy Hollow to Hollywood

Selling a series. By the time Philip Iscove met with a couple of veteran showrunners, he knew what not to say to them

Renewal notice

- Sleepy Hollow was the first series renewed for a second season this fall.

Television has always been a bit of a time machine. It allows viewers to look back, as in the recent coverage of the JFK assassination, and it also projects us into the future.

As a plot device, time travel is every TV writer's friend. It gets shows out of dead ends and jams, as in the infamous Bobby-in-the-shower reset on Dallas. The many incarnations of Star Trek boldly jumped all over the centuries.

In the wake of the assassination of U.S. president John F. Kennedy, ABC's The Time Tunnel (1966-67) allowed viewers to escape or even imagine what might have happened if we could go back in time and try to fix history. A similar plot device helped the central character jump back and forth in time in Quantum Leap (1989-93). That series was very much on Phillip Iscove's mind when he began dreaming up the idea that would lead to one of this season's most successful new shows, Sleepy Hollow.

How the 31-year-old went from working at a Toronto video store to creating Sleepy Hollow (Mondays on Global) is its own quantum leap.

Iscove was studying film and television day and night as both a Ryerson University student and a part-time employee at Bay Street Video in Toronto.

A more bracing experience was landing a job, through a family connection, at a Hollywood talent agency. "That was my graduate degree, if you will," Iscove says on the phone from North Carolina, where Sleepy Hollow is shot. "It really changed the way I saw television and movies."

He entered Ryerson, "with these altruistic notions of how you're going to get yourself into that industry, and what you'll do when you get there." The agency job showed him how things really worked "from the inside out. The business experience, he feels, gave Iscove "the tools to understand why things succeed and why they don't."

Iscove took all that experience and started dreaming up his own TV project. But he was stuck on how to travel his main hero through time when he happened upon The Legend of Sleepy Hollow by Washington Irving online. "Then I saw Rip Van Winkle right underneath it and I was, like, maybe I can just put him to sleep and have it as simple as that, have a spell put on him in his time and he wakes up in 2013."

Tom Mison plays Ichabod Crane in Sleepy Hollow. BROWNIE HARRIS/FOX

That led to a story about, as Iscove puts it, "a Twin Peaks-y town of witches and warlocks, and he pairs with a cop, and they start fighting supernatural crimes together." The hero is Irving's Ichabod Crane (played by Tom Mison), pulled through time only to discover he is humanity's last hope.

When Iscove got his chance to pitch the series idea to veteran showrunners Alex Kurtzman and Roberto Orci (Fringe, Star Trek: Into Darkness), he knew enough from his agency days to avoid using the term time travel. The pitch was mainly to do a modern-day Sleepy Hollow, with the twist being, in Orci's words, "that he had a man out of time."

That Iscove had managed to sidestep the time travel aspect by combining the story of Sleepy Hollow with the spirit Rip Van Winkle — both Irving creations — is what sealed the deal for Kurtzman and Orci. "That's a really, really cool entry point," says Kurtzman.

THE CANADIAN PRESS

The Chew savours its success

When ABC's The Chew premiered in September 2011, it begged the question: Was it biting off more than a show like this could chew?

Here was a rollicking weekday feast devoted to "everything food" — not just cooking but home entertaining, dining out, healthy diets and a satisfying culinary lifestyle overall. And it came with a menu of five — count 'em, five — co-hosts. Too many cooks in that kitchen?

Well, maybe not. On Tuesday in its regular 1 p.m. time slot, The Chew marks its 500th edition with a special hour as its co-hosts savour their chat-and-chew success.

From left, The Chew co-hosts Clinton Kelly, Carla Hall, Daphne Oz, Mario Batali and Michael Symon. JEFF NEIRA/ABC

"The Chew was never about food, it was about these five people," says executive producer Gordon Elliott before a recent taping at the show's Manhattan studio.

Roughly 59 minutes later (to keep the energy flowing, each show is taped in front of a studio audience start-to-finish, with no retakes or down time slowing the pace), the hosts — Mario Batali, Michael Symon, Carla Hall, Clinton Kelly and Daphne Oz — relocate to a nearby conference room, with a reporter in tow:

"What makes the show work," says Symon (a star of Food Network's Iron Chef America and owner of six restaurants), "is that it literally feels like all of us are hanging out, cooking some food and telling stories. We're busting each other's chops, but we all know we've got each other's back."

THE ASSOCIATED PRESS

Gerry Dee is lonely at the head of the class

Light on Canadian laughs. Star of Mr. D holds out hope that more scripted comedies are on tap

CBC sitcom star Gerry Dee is feeling a bit lonely.

The standup comic-turned-TV personality says there aren't enough Canuck comedies on the tube and it's especially tough for half-hour laughers to find success.

Dee says he was disappointed to see CTV's Satisfaction conclude after just one season, but is hopeful for upcoming arrivals, including CTV's Dave Foley project, Spun Out.

"If we keep having shows cancelled it's certainly not incentive for networks to go, 'Let's keep doing this,'" Dee said at a recent CBC event to launch its winter lineup, including Dee's Mr. D.

"We've got to get these shows more successful and keep them on the air. Because otherwise Canadian comedies are going to go by the wayside and they're going to hire American shows."

Dee notes that his high school comedy Mr. D is the only scripted sitcom on CBC's winter schedule. But he understands why the public broadcaster might be more willing to gamble on an hour-long drama or reality show than a quirky sitcom.

He notes that comedy is inherently subjective, while "drama is drama."

"People aren't talking about comedies, they're talking about dramas. They're the ones that bring the numbers in," he says, adding he's glad to see City's recent half-hour arrivals Package Deal and Seed.

"Comedy is not easy and I think the people that run these other shows are finding that, too. The numbers aren't great on any of the comedies in this country. And when the numbers are low, you get cancelled and that's the pressure we have on a weekly basis."

Dee's Mr. D co-star Darrin Rose is among several comics with development deals for prospective sitcoms. Rose's CTV venture Chasing Manhood is an ensemble comedy inspired by his stand-up material.

Gerry Dee says there are plenty of changes in store in the new season of Mr. D, which starts in February. CONTRIBUTED

The network says it's also considering the 20-something comedy We're Adults Now, from Kids In the Hall member and Less Than Kind showrunner Mark McKinney; a multi-cam friends comedy called The Team from Little Mosque on the Prairie writer Rob Sheridan; the half-hour dramedy The Lainey Gossip Project inspired by eTalk correspondent Elaine Lui's celebrity website LaineyGossip.com; and untitled projects from Corner Gas writer Paul Mather and Community scribe Vera Santamaria.

Over on Global, hopes are high for the green-lit comedy Working the Engels, with Andrea Martin and Benjamin Arthur as members of a debt-laden family who take over the deceased dad's storefront law firm.

Mr. D kicks off its third season in February with several changes in store, says Dee.

This time around, the bumbling Gerry gets a shot at teaching phys-ed and is excited to finally be in his element. But of course, nothing really goes well for him, says Dee, who serves as both showrunner and star.

"He just knows his stuff in phys-ed, (but) it doesn't make him a good teacher," he notes.

THE CANADIAN PRESS

Quoted

"We've got to get these shows more successful and keep them on the air."

Gerry Dee on the state of Canadian scripted comedy

Returns to Vancouver tomorrow!
theatre for living (headlines theatre)
presents
Corporations in our Heads
BC/Alberta Tour
22 Communities between Oct 16 & Nov 30, 2013
Theatre for Living continues a 32-year legacy of innovation with a project about the corporate messages that live within our collective psyche.
Theatre without a net.
No actors.
No play.
No script.
Joked by: David Diamond
The event takes 2.5 to 3 hours.
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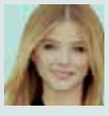
You had me at merengue: Will Renee dance her way onto reality television?

Renee Zellweger

Renee Zellweger may be heading to television — and not in the way you'd expect. The actress is being considered by producers of Dancing with the Stars to head up a season of competitors made up of Oscar winners, according to Radar Online. "The producers are fixated on Renee in part because she hasn't done much dancing at all since Chicago more than 10 years ago, and there's this real mystery about her and what she's up to," a source says. "They keep raising the amount of money they are willing to give her in the hopes that she'll say yes, and the theory is that if they can get her to sign on, then it would attract some other really prominent Oscar-winning stars — who wouldn't normally do reality TV — to fall in step."

Twitter

@ladygaga
Rolled around Tokyo today, made it to my favorite shop. They asked me to paint a leather (an epic pastime of mine)



@ChloeGMoretz
had a weird dream after watching the new hunger games that i picked up archery and was like a championship archer. weird. need to buy a bow.

@jeremypiven
The good news is we are alive and not defined by our favorite sports teams (he said sobbing like a grandmother on the floor)

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Two familiar faces come out to the social media sphere

PAT HEALY
Metro World News

British Olympic diver Tom Daley and actress Maria Bello took to different forms of media this weekend to reveal new same-sex relationships in two heart-felt confessionals.

Daley took to YouTube to officially come out, telling fans that he has been dating a man for most of this year.

"This has been a hard decision to make, but I wanted you to hear this from me," the 19-year-old athlete says in his video. "In spring this year my life changed massively when I met someone, and they make me feel so happy, so safe, and everything just feel great. That someone is a guy. It did take me by surprise a little bit. It was always in my head that something like that could happen, but it wasn't until spring this year that things just clicked. It felt right and I thought, 'OK,' and my whole world changed there and then."

Meanwhile, Bello came out in a first-person essay in the New York Times' Modern Love titled, Coming Out as a Modern Family. "She was one of the most beautiful, charming, brilliant and funny people I had ever met, but it didn't occur to me, until that soul-searching moment in my garden, that we could perhaps choose to love each other romantically," she wrote about finding her new girlfriend, Clare. Soon, the two "began the long, painful, wonderful process of trying to figure out what our relationship was supposed to be."

Jackson, Bello's 12-year-old son from a previous relationship, took his mother's new relationship in stride. When she told him about Clare, "He looked at me for what seemed like an eternity and then broke into a huge, warm smile. 'Mom, love is love, whatever you are,'" she wrote.

Paul Walker

Investigation into Walker's death unearthing unsettling details: TMZ

Details continue to emerge about the car wreck that killed Fast and Furious actor Paul Walker and his business partner, Roger Rodas, on Saturday. TMZ.com reports that cops are looking into the possibility that Walker and Rodas were drag racing when their Porsche exploded after first hitting a tree and then a lamppost. The area where they died is a well-known racing strip. In fact, the site reports that fans are "doing dangerous burn-outs, donuts and other high speed stunts" at the death site in memoriam of Walker. Meanwhile, production for Fast and Furious 7 "won't be scrapped," sources close to the production tell The Hollywood Reporter. The production has been underway in Atlanta, taking a break for the Thanksgiving holiday, and was scheduled to head to Abu Dhabi in January. Sources say production will be "delayed" as director James Wan and studio executives figure out how to re-work the project and "how to proceed in a manner that would be respectful to Walker's death."

Who gets to canoodle with Kate at her fantasy fete?

Everything's coming up Kate Moss this week.

First up, the supermodel, who turns 40 next month, was honoured at the British Fashion Awards in London on Monday where she won a special award for her 25 years in the fashion world.

Secondly, her hotly-anticipated issue of Playboy, which also celebrates the magazine's 60th anniversary, hits stands in the U.S. on Friday. The 18-page spread features a Q & A with Moss and Tom Jones. Jones just lobs softballs at the model (as you should when someone is naked) with such questions as, "Who would be on your ultimate guest list?" The model replies, "Jack Nicholson, [photographer] David Bailey, Stevie Nicks, Catherine Deneuve, Joan Collins — love! She texted me the other day. I could not believe it. 'Hi, it's Joan Collins.' I was like.… [mimes dying-of-shock], My husband, because it would be mean if I didn't invite him. And Hugh Hefner, obviously."

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What cha' know about the not-so-new tea trend matcha?

Good for you. It's been called the Superman of green tea, but what exactly does it do to help you in your day-to-day life?

MAJA LUNDAGER PEDERSEN
Metro World News

One hundred thirty times — that's how much the super-trendy, super-old Japanese matcha tea is supposed to beat regular green tea with when it comes to antioxidants. But what does that really mean? And is there a purpose for including a teaspoon of the — some would say not exactly tasty — matcha powder?

"I definitely think matcha can help prevent (illnesses) and keep you healthy when it comes to diseases," says Rachel Berman, dietitian and health content manager for About.com.

Matcha is a green tea and research shows that the antioxidants (more precisely, catechins) in it reduce the risk of cancer. Furthermore, green tea contains serotonin, which can help reduce stress and work as a mood enhancer. Last but certainly not least, it can help increase metabolism. But Berman is hesitant to tout it as a cure-all.

"I wouldn't necessarily say, 'Drink green tea and you will lose weight,'" she says. "The amount of calories you may burn won't make up for having a cheeseburger at lunch."

One of the reasons why matcha is making waves more than normal green tea is the way it's brewed.

"Matcha is a powder and it's the entire leaf, versus brewing leaves in water, which won't give you as much of the health benefits," the dietitian tells us.

Matcha contains caffeine, too, and Berman doesn't recommend going over four or five cups a day, or drinking it past 5 p.m.

"Just incorporate it as a substitute for a mid-afternoon soda or coffee," she says.

The conclusion must be that matcha is worth a try, but one question still remains. Why has a tea that's been around since the 12th century become so popular now?

"I think that people are looking for ways to improve their diet any way possible," Berman says. "Certain foods go in and out of trend all the time, so maybe people are looking for a way to get antioxidants since there has been so much research about how good green tea is. Why not have the one that is even more powerful than just regular green tea?"

Making sense of matcha

If you find this wonder tea a tiny bit too expensive, Berman recommends you instead ask for a really high quality of green tea. You will probably get a lot of the same benefits from it, she says.

- **Where is it grown?** Matcha only grows in Japan.
- **Why drink it?** It's known as a mood enhancer because of its amino acid content.
- **Pricey?** The softer matcha is, the more expensive it is.

Add a little matcha to your afternoon delight. ALL PHOTOS ISTOCK IMAGES

Did you know 72% of pain sufferers regularly have trouble sleeping?
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Want to watch your weight? Keep your home very toasty

Body science. New research flips common thinking on its head as they find a healthy body weight is linked to those who live in warmer homes

MEREDITH ENGEL
Metro World News

The secret to keeping your figure during the holidays may have nothing to do with your dinner plate.

Researchers at the University of Stirling Behavioural Science Centre in Scotland have found that people living in well-heated homes have lower BMIs (body mass indices) levels than those in the Northern Hemisphere without adequate heating.

The scientists studied 10,000 people with central heating over a 13-year period.

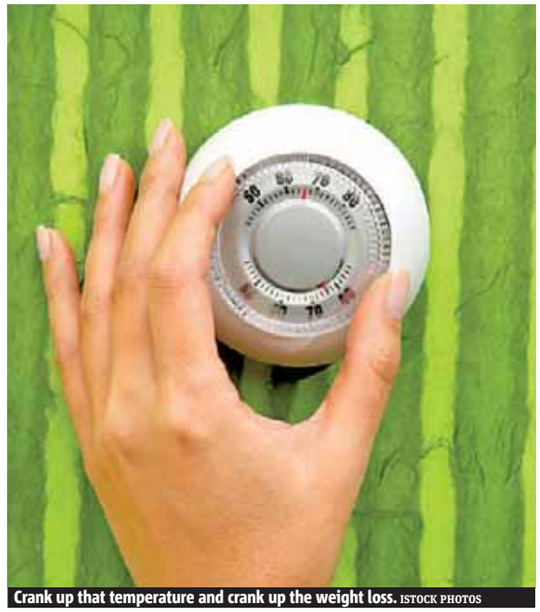
Their research, they say — which included age, gender, social class and other factors — turns a popular notion on its head.

"We set out to investigate the scientific claims that cooler indoor temperatures help us maintain a healthy weight by pushing our bodies to expend more energy through shivering and generating heat through tissues," says behavioral scientist and senior lecturer Dr. Michael Daly.

"In fact, the research suggests people may eat less and burn more energy when residing in a warmer indoor environment."

So what's the magic number for your thermostat?

"We … found reduced weight levels among people living in homes heated to above 73.4 degrees Fahrenheit (23 Celsius)," Dr. Daly says of the research.



Crank up that temperature and crank up the weight loss. ISTOCK PHOTOS

Food dangers. Sushi linked to increased risk of cardiovascular issues

Eating sushi can increase the risk of cardiovascular disease, according to a study published in the Journal of Risk Research.

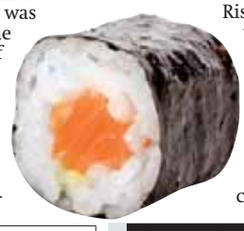
This was one of many unhealthy aspects to excessive fish consumption, which is thought to lead to dangerous methylmercury exposure in humans, researchers say.

Mercury can cause neurodevelopmental deficits, poorer cognitive function and increased rates of cardiovascular disease.

The study also notes that higher levels of methylmercury can be detrimental to the heart and the health-protective effects of omega-3 fatty acids found in fish.

Tuna sashimi was found to contain the highest levels of methylmercury in fish samples taken from across the U.S.

The study found that 92 per cent of participants ate an average of five fish and fish-sushi meals per month, and that the top 10 per cent of all participants exceeded the Center for Disease Control Minimal Risk Level and the World Health Organization Provisional Tolerable Weekly Intake of methylmercury. METRO



Smoking

Quit now, reduce your health risks

People who quit smoking reduced their risk of developing heart disease, heart attacks, strokes and dying from cardiac arrest to the same levels as those people who never smoked, according to a new U.S. study. Previous research found that it may take up to 15 years after quitting for smokers to regain cardiovascular health to that of people who never smoked. METRO

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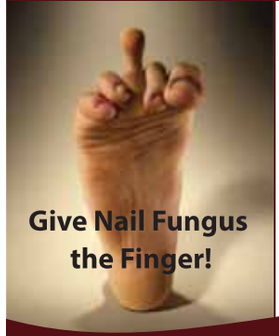

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Huevos Rancheros: Brunch in Mexico without leaving home

This recipe serves two. COURTESY PRESIDENT'S CHOICE

Huevos Rancheros is a popular Mexican breakfast or brunch dish consisting of eggs.

Using egg whites instead of whole eggs in traditional egg dishes such as Huevos Rancheros saves you cholesterol, fat and calories. They also cook up fluffier than whole scrambled eggs.

1. In medium nonstick frying pan, melt butter over medium heat; cook onion for 4 to 6 minutes or until softened. In large bowl, whisk egg whites until very frothy; whisk in salt and pepper and add to pan with onions. Cook for 2 to 4 minutes, occasionally lifting eggs and allowing uncooked egg white to flow underneath, or until egg is set on bottom.

2. Meanwhile, in small saucepan cook salsa, tomatoes and beans over medium heat until hot.

3. Sprinkle cheese over eggs and turn egg whites over, scrambling them slightly. Divide cooked egg whites between two dinner plates. Top with salsa mixture. Sprinkle with coriander. Serve with warmed whole wheat tortillas, if desired.

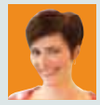
COURTESY PRESIDENT'S CHOICE

Ingredients

- 1 tbsp (15 ml) unsalted butter
- 1/2 cup (125 ml) chopped red onion
- 1 cup (250 ml) PC Blue Menu Egg Whites
- 1/8 tsp (0.5 ml) each salt and freshly ground black pepper
- 2/3 cup (150 ml) PC Avocado and Key Lime Salsa
- 1/2 cup (125 ml) quartered cherry tomatoes
- 1/3 cup (75 ml) rinsed and drained canned black beans
- 1/3 cup (75 ml) light cheddar shredded cheese
- 2 tbsp (25 ml) chopped fresh coriander

Health Solutions

Mr. Sunflower, bring me butter



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sunflower butter is not made from a nut. It is a seed, which makes it school approved. (Sometimes. You better check!)

Sunflower seeds are mildly anti-inflammatory due to their high mineral and antioxidant content but without sugar, the spread can be a tiny bit more bitter than the more typical peanut butter.

Fear not, here are some ways to enjoy it:

- Spread with honey and banana to provide a balanced snack.
- Dip dried fruit into a tablespoonful.
- Use in place of peanut butter in cookie recipes. You will not notice the difference.
- Add to smoothies to bump up protein and good fats.
- Use in place of tahini for making hummus.

Each time you add a different food, you are adding different nutrients, and your body needs a wide range of every kind.

Go beyond wheat crackers and try quinoa or brown rice crackers to balance out the amino acids. Pairing a nut or seed with a whole grain makes a complete protein. Be brave!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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What's growing in your veggie drawer? A big pile of potential monthly savings

Home economics. Get to know the inside of your refrigerator, and you'll find it's easier to use up leftover food

YOUR MONEY
Alison Griffiths
money@metronews.ca

My oldest daughter, Claudia, who just gave birth to grandson number two, has been coping with all the usual challenges — spit ups, endless laundry and sleepless nights. However, as she burps, rocks, changes and does it all again, a happy fact has emerged. She is saving money.

A drop in income during maternity leave usually places tremendous financial pressure on young families. However, my daughter triumphantly reported that her family of four is in better financial shape than ever before. And it's largely because of the refrigerator.

During those sleepless pat pat, jig jig, feed, change and rock-for-hours nights, she started organizing the fridge. There she discovered a cornucopia of meals. Veggies, fruit, leftovers and bits of this and that stored in the fridge or freezer started her thinking about using it all up before the green fuzzies or freezer burn attacked.

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising. Once she got the hang of coming up with meals based on items she had on hand, the habit quickly became ingrained.

As a result, she finds it far easier to put together dinner, no matter how tired she is, and she's discovered all kinds of new ways to use a cup of rice or a few slices of ham.

In fact, in the nearly two months since baby George arrived they haven't resorted to takeout once. Even better, neither she nor her husband feels deprived. Far from it. They feel empowered, as in, "I am in control of my fridge!"

Perhaps best of all, waste has been reduced to almost nothing, which in turn has taken a nice bite out of the grocery expenditures. Claudia figures she is saving around $200 a month.

When you spend time going through your refrigerator and freezer, you're more likely to actually use up the food you've bought before it goes bad. ISTOCK

Looking for leftovers

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising.

An Internet search turns up hundreds of excellent leftover ideas. One of the best resources is bigoven.com/recipes/leftover. Choose up to three ingredients or flavours and a host of recipes appear. I picked bell pepper, brown rice and black beans, which resulted in some terrific ideas to use up three items in my fridge.

Most of us have a group of ingredients that regularly end up as leftovers, eventually to be thrown out. With an arsenal of recipes that use those ingredients, it will become fairly easy to whip up an eco-friendly, money-saving meal.

Eat and save money! Thanks Claudia.

No purchase necessary. Terms and Conditions apply. For full contest details please visit www.clubmetro.com

metro
LEARNING CURVE
Tuesday, December 3, 2013

BCIT students have the drive

DANIEL HENDRIKSEN
For Metro

BCIT mechanical and electrical engineering students are designing and building a one-person all-terrain vehicle for the Baja Society of Automotive Engineers competition in Illinois next year. Approximately 100 teams are expected to take part in the competition. CONTRIBUTED

A team of British Columbia Institute of Technology's (BCIT) School of Energy engineering students is preparing to travel to a competition in Peoria, Ill., next year.

The group of 30 BCIT students will be taking part in the Baja Society of Automotive Engineers competition June 4-7, 2014. The event simulates real-world engineering design projects and their related challenges.

Students are tasked with designing and building an off-road vehicle that will survive the severe punishment of rough terrain. One-hundred teams will compete in events such as acceleration, hill climb, manoeuvrability, and rock crawl.

"This is the first year a BCIT mechanical engineering student-led team will be participating at SAE's Baja competition," Mehran Zargham, president of the BCIT Mechanical Engineering Student Society, said in a press release. "Our team will compete against some of the top post-secondary institutions from North America, as well as select international schools."

The BCIT team consists of second- through fourth-year mechanical and electrical engineering students. They are managed by a six-member committee that is also responsible for fundraising and seeking sponsorship for this event. Anyone who wants to help out is more than encouraged since the team is looking for sponsorship in order to assist with finances and materials.

"Currently, our team is working on the design of the car," Mehran said. "Our plan is to finalize a design by mid-December, and begin manufacturing starting in January."

To learn more about the competition, visit students.sae.org/cds/bajasae/west.

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Sauder. School receives $2M

A Vancouver businessman recently donated $2 million to the University of British Columbia's (UBC) Sauder School of Business. The monetary gift will be used to help create a professorship in leadership: Women and diversity — a professorship focused on the advancement of women and diversity in business leadership.

John Montalbano is the man behind the donation and the newly created professorship. Montalbano is the CEO of RBC Global Asset Management and a member of the UBC board of governors.

The Sauder School of Business is committing to fundraising $900,000 to accompany the Montalbano professorship gift. These commitments include:

- $500,000 in MBA program scholarships created to promote the advancement of women in senior roles in business.
- $200,000 to support PhD research in the area of leadership for women and diverse people.
- $200,000 to fund outreach and engagement initiatives associated with the professorship.

DANIEL HENDRIKSEN

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Plan to attend Friday's Vancouver Education and Career Fair at the Vancouver Convention Centre. CONTRIBUTED

Discover yourself at education, career fair

Are you looking for a new career direction? Do you need more skills to land that dream job?

Get a jump-start on your career at the Vancouver Education and Career Fair Friday at the Vancouver Convention Centre — East Facility. With more than 100 exhibitors on hand from career training institutes, colleges, universities, associations, and employers there is something for everyone.

Should you attend? View the exhibitor list at educationcareerfairs.com. Determine if any match your career interests and you match their needs. If you find a fit with even one exhibitor, you have a reason to attend.

Why attend? This is an excellent opportunity to gain information about new industries and trends in training. You can learn more about organizations from representatives than from a website. Make an impression — nothing replaces in-person contact.

Before you go have a good idea of the booths you want to visit and make a list of questions based on your research.

Seminars at the job fair are an excellent opportunity for career changers and adult learners to find information about different career options.

To make the most out of an event like the Vancouver Education and Career Fair, have an open mind. This is the time to explore and create opportunities for yourself.

Admission at the door is $5 (cash only) or you can get a coupon for free admission after noon at educationcareerfairs.com.

Challenge yourself and discover your path at the Vancouver Education and Career Fair.

For more information, visit educationcareerfairs.com.

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Upgrade nursing skills at Sprott Shaw

Due to changes to the requirements for licensed practical nurses in B.C., Sprott Shaw College is offering students a chance to upgrade the new skills free of charge.

Sprott Shaw is offering biology, English and math upgrade courses needed for the practical nursing program. The cost of this upgrade will be credited to your account once you have been accepted as a practical nursing student at Sprott Shaw College.

"You don't have to stop your life to change its direction," says Sam Almadidy, regional director of admissions, Sprott Shaw College. "We offer career focused practical nursing training designed to fit your lifestyle."

Sprott Shaw College's practical nursing program will prepare students for a rewarding career in health care in a field with a growing demand for trained professionals.

Sprott Shaw College's practical nursing program will prepare students for a rewarding career in health care. CONTRIBUTED

Licensed practical nurses in B.C. provide nursing services to patients and their families in a variety of hospital, community, residential and home-care environments, working as an integral part of a health team in collaboration with physicians, RNs and RPNs. LPNs practise nursing using their knowledge, skills, judgment, critical thinking and problem solving to provide safe, competent and ethical care.

Although it is one of the largest practical nursing career trainers in B.C., Sprott Shaw offers students small class sizes for more one-on-one attention, monthly intakes with no wait lists, and 13 campuses around B.C. to better serve the needs of students.

Sprott Shaw's career advisers will work with you every step of the way to tackle any career related challenges and offer assistance all the way.

Even upon graduation, Sprott Shaw is there to help students transition into meaningful careers in the field.

As part of the Sprott Shaw advantage, students are eligible for lifetime course refreshers and lifetime career placement assistance.

Qualified graduates are referred to a list of employers found by the Sprott Shaw team and assisted in the application process for these jobs.

Financial aid may be available for qualified students.

For more information about the Sprott Shaw College practical nursing program, visit sprottshaw.com.

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UBC receives 15 Canada Research Chairs

DANIEL HENDRIKSEN
For Metro

It was a big day for research at the University of British Columbia (UBC) when the most recent Canada Research Chairs (CRC) appointments were announced. In total, representatives from UBC account for 15 of the CRCs (10 new, three renewals and two advancements).

The 135 chair appointments at 41 post-secondary institutions were announced in mid-November.

UBC's new CRCs are: Russ Algar, chair in biochemical sensing, faculty of science; Edouard Asselin, chair in aqueos processing of metals, faculty of applied science; Jason Barton, chair in human vision and eye movement, faculty of medicine; Christiane Hoppmann, chair in adult and development and health, faculty of arts; Linda Li, chair in patient-oriented knowledge translation, faculty of medicine; Alison Lister, chair in particle physics, faculty of science; Ryozo Nagamune, chair in control engineering, faculty of applies science; Galit Sarfaty, chair in global economic governance, faculty of law; Sohrab Shah, chair in computational cancer genomics, faculty of medicine; Don Sin, chair in chronic obstructive pulmonary disease (COPD), faculty of medicine, James Hogg Research Centre; Boris Stoeber, chair in microfluidics and sensing technology, faculty of applied science; and Juncheng Wei, chair in nonlinear partial differential equations, concentration phenomena and applications, faculty of science.

Federal funding for Douglas College

It was recently announced that Douglas College will be the leading post-secondary institution in a national employment project for youth. The goal of the project, which has received $1.5 million in funding, is to assist post-secondary graduates in securing on-the-job experience to support the transition into their desired careers.

The project is called Career Start and was created in an effort to curb Canada's skills shortages and rising youth unemployment rates. While Douglas will be leading the program, it will be working in partnership with Fanshawe College in London, Ont., and College of the North Atlantic, in St. John's, N.L.

Under the Career Start program, training costs are offset by wage subsidies. Employers receive a subsidy of up to 50 percent of a participant's hourly wage.

ROBERT KNESCHKE/SHUTTERSTOCK

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Simon Fraser University students Deven Azevedo, left, and Andy Zeng recently received 2013 Schulich leader scholarships. CONTRIBUTED

SFU students earn scholarships

DANIEL HENDRIKSEN
For Metro

Times are good for a pair of Simon Fraser University (SFU) undergraduates. Deven Azevedo, 18, and Andy Zeng, 17, are two of 40 undergrads across Canada who recently received 2013 Schulich leader scholarships.

In order to qualify for this prestigious scholarship, students must demonstrate three key characteristics — outstanding community, business or entrepreneurial leadership, academic excellence, and financial need. Schulich leaders receive their $60,000 awards in eight instalments over four years. They must study one of the STEM subjects — science, technology, engineering or mathematics — during their undergrad years.

"In order for me to fulfil my goal of helping as best I can to solve the world's environmental crisis, I believe I must gain a wide range of experiences," Azevedo said in a media release.

"The Schulich leader scholarship is what allows me to fully immerse myself in my studies and extracurricular activities that are making a community difference, without any financial concerns," Zeng said.

Azevedo is a graduate of Langley Fine Arts School. He is an indie-rock musician and is studying environmental science in SFU's faculty of environment. Azevedo's goal is to become an environmental lawyer and write groundbreaking environmental legislation.

Before graduating, Azevedo created a composting system at his high school that the Langley School District adopted last year. With the help of 20 students and 11 community members, he also raised $45,000 to build a 40-bed community garden in his hometown of Fort Langley.

Zeng is studying biomedical physiology in SFU's faculty of science. He hopes to leverage his university studies to pursue clinical work and medical research globally. He loves tutoring fellow students in science and fostering community awareness about social and environmental issues.

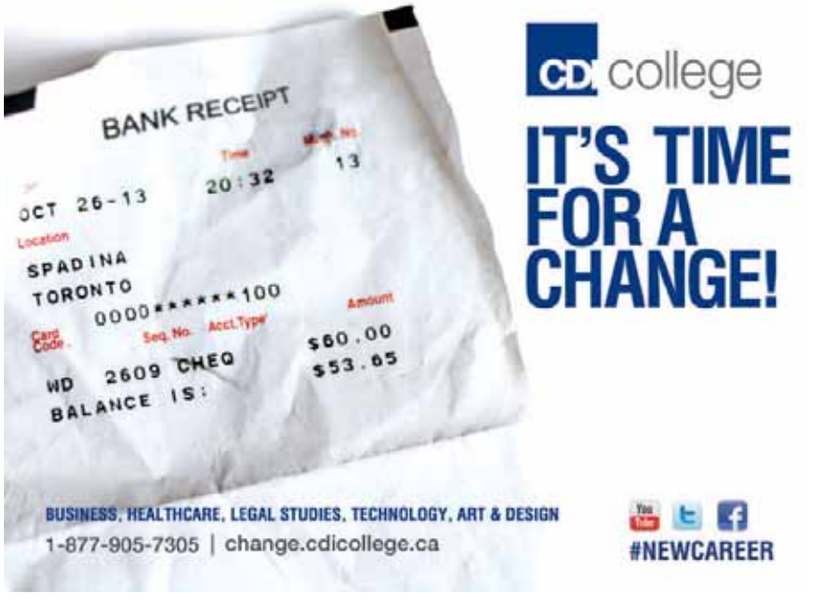
Zeng co-ordinated fundraisers and did volunteer work on behalf of the homeless as co-president of his high school's Red Cross Club, and is now the co-founder of the SFU Red Cross Club.

For more information on the Schulich leader scholarship, visit schulichleaders.com/about-scholarship.

Kwantlen. Donation will help update equipment

Grundfos Canada will contribute $12,500 over the next five years to Kwantlen Polytechnic University's plumbing apprenticeship program to update and enhance classroom equipment and purchase additional learning materials. Students will also benefit from in-class lectures and presentations from Grundfos personnel as part of the company's technical school initiative.

Grundfos manufactures and sells high-quality pumps and pumping systems around the world. They launched the technical school initiative in 2011 with the hopes of supporting student talent and developing its potential workforce. KPU is one of four Canadian post-secondary institutions to gain assistance from Grundfos. DANIEL HENDRIKSEN



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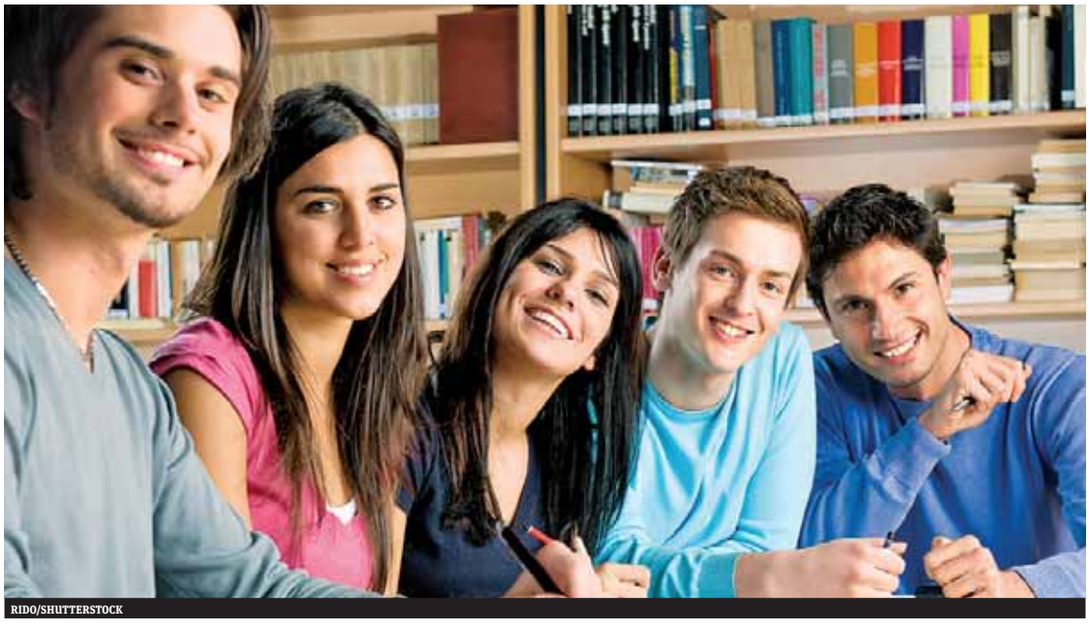
BCIT renovates downtown campus

DANIEL HENDRIKSEN
For Metro


RIDO/SHUTTERSTOCK

The British Columbia Institute of Technology (BCIT) downtown campus has undergone some recent renovations. The sixth floor was vacated earlier this year after Columbia College's lease in the building expired, and BCIT took advantage of the extra space to expand several departments.

BCIT education support services, the BCIT student association, downtown campus administration and facilities, and campus development all benefited from the renovated eastern portion of the campus' sixth floor.

With the newly designed space, BCIT has been able to create new studying areas for student use, and meet the school's growing classroom needs at the downtown campus.

"This is a fantastic space for all students to enjoy," BCIT student association director Caroline Gagnon said in a media release. "This new space was created in consultation with students. It was a great collaborative effort from all those involved. It is another great example of when students and BCIT work together, wonderful projects are created."

Justice minister tours JIBC New West campus

Suzanne Anton, minister of justice and attorney general of British Columbia, recently toured the Justice Institute of British Columbia's (JIBC) New Westminster campus.

Anton also met with JIBC board vice-chair Kim Logan and president Dr. Michel Tarko to discuss the educational institute's current activity and future goals.

"For more than 30 years, Justice Institute of British Columbia has been educating students in the fields of justice and public safety, and its well-deserved reputation for excellence is known both across Canada and internationally," Anton said.

"The professionals who graduate from the institute go on to make and enormous contribution to the safety, security and health of British Columbia's communities."

"We share the province's vision for strong communities where families feel protected and safe," Logan said.

"The minister expressed strong support for our mission of innovative, high-quality post-secondary education for police, sheriffs, corrections officers, probation officers and other professionals who help make communities safe and healthy."

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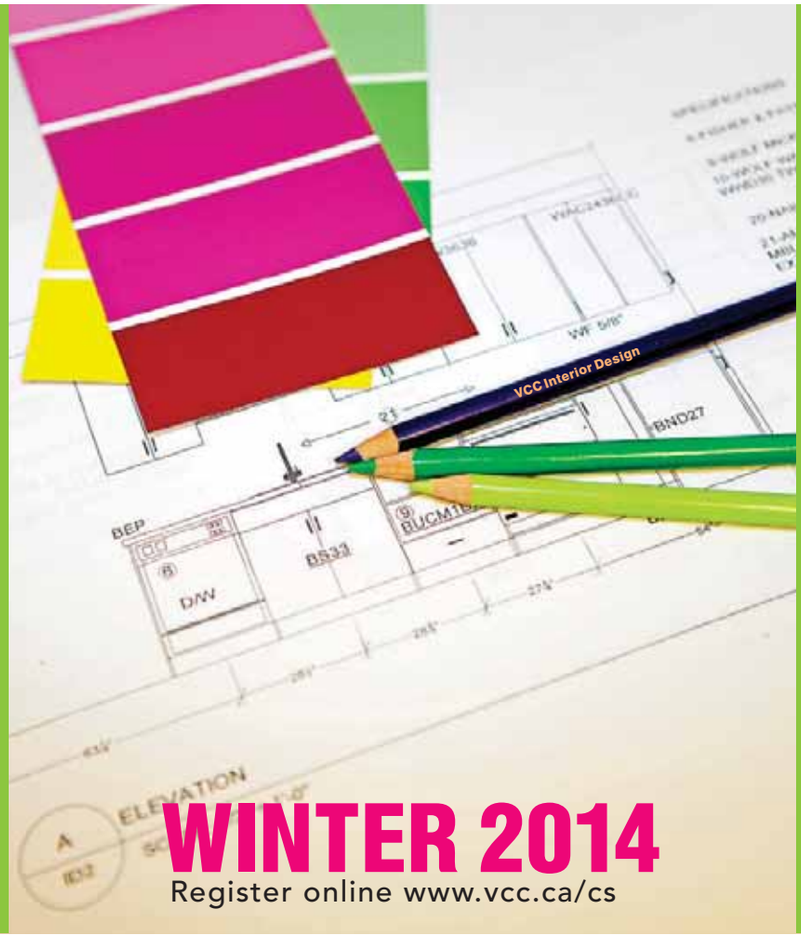

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NHL

Canucks look to hit winning note against Predators

All that is left on the Vancouver Canucks' four-game road trip is a stop in Music City — Nashville, Tenn.

The Canucks take on the Predators on Tuesday night. With a win, Vancouver can end this trip with three wins and six of a possible eight points.

This marks the first meeting of the season between the two clubs.

The Canucks, with a win in Nashville, could jump ahead of the Phoenix Coyotes and into fourth in the tightly contested Pacific Division. The Coyotes would also have to lose in Edmonton in order for that to happen.

Shea Weber
GETTY IMAGES

According to The Tennessean, the Predators will be without defenceman Shea Weber, who took a puck to the face near the eye last week.

The Canucks are coming off a win over the Carolina Hurricanes on Sunday. Their penalty kill was a perfect 6-for-6 and is operating at an 88.8 per cent clip, which is best in the NHL.

The Canucks will return to Vancouver for a five-game homestand, beginning Friday against the Coyotes.

This latest stint back at Rogers Arena will feature a visit from the Boston Bruins, who beat the Canucks in a hard-fought seven-game series in the 2011 Stanley Cup Final.

METRO

Horvat aims to prove he belongs

World juniors. Vancouver's two first-round picks from this summer's NHL Draft named to Canada's selection camp

CAM TUCKER
cam.tucker@metronews.ca

Of all the celebrated Canadian moments from the annual IIHF World Junior Championship, Jordan Eberle's dramatic tying goal against Russia in 2009 stands out above the rest for Bo Horvat.

That goal with only 5.4 seconds remaining in the third period sent the game to overtime and the shootout, before Team Canada eventually prevailed. It would capture gold against Sweden two nights later.

Horvat, selected ninth overall by the Vancouver Canucks at this year's NHL Draft, will have the opportunity to create his own world junior memory.

On Monday, Hockey Canada announced it's 25-man selection camp roster for the upcoming tournament, which begins Boxing Day in Malmö, Sweden.

Horvat was one of two Canucks prospects named to the camp, which begins Dec. 12 in Etobicoke, Ont. Hunter Shinkaruk, selected 24th overall and a forward for the Medicine Hat Tigers in the WHL, will also compete for a spot on Canada's team.

Bo Horvat, pictured during the 2013 USA Hockey Junior Evaluation Camp on Aug. 8, was one of two Canucks prospects named to the Canadian junior team's 25-man selection camp roster on Monday. GETTY IMAGES

"When I got the call this morning, I was really thrilled to be a part of it and I just can't wait (to go) there and show them what I got," Horvat said in a phone interview.

"More excitement than anything but definitely a little nervous at the same time."

Shinkaruk took to Twitter a few minutes after the announcement, saying, "...huge honour to be named to the camp roster. Can't wait for this opportunity."

The 25-man roster is the lowest number of players to attend a selection camp, according to Hockey Canada president and CEO Bob Nicholson.

TSN reported that only three players — two forwards and one defenceman — will be released prior to the beginning of the tournament, which would suggest Horvat and Shinkaruk stand a good chance of making Team Canada.

The final roster will include 22 players, and has to be finalized by Dec. 25.

"You can't be laid back, you can't think you already have a spot on the team," said Horvat, who has 12 goals and 37 points in 24 games with the OHL's London Knights.

"You just gotta go and ... prove to them that you should stay there and be on the team."

Seahawks clobber Saints, clinch playoff berth

The Seahawks' Cliff Avril forces Saints quarterback Drew Brees to fumble Monday in Seattle. The Seahawks recovered the ball and scored a touchdown on the play. JONATHAN FERREY/GETTY IMAGES

The rest of the NFC better get ready to visit the Pacific Northwest in January. After Monday night's rout, the road through the NFC playoffs is almost certain to go through Seattle.

Russell Wilson threw for 310 yards and three touchdowns, and the Seattle Seahawks became the first team to clinch a spot in the NFC playoffs with a 34-7 victory over the New Orleans Saints on Monday night.

More important than just clinching a spot in the postseason, the Seahawks (11-1) moved two games ahead on the rest of the NFC in the race for home-field advantage and hold the tiebreakers over New Orleans (9-3) and Carolina (9-3), the two closest pursuers.

Monday Night Football

Seahawks	Saints
34	7

Wilson was outstanding, picking apart the Saints' defence. He threw touchdown passes of two yards to Zach Miller and four yards to Doug Baldwin in the first half as Seattle built a 27-7 lead. Wilson added a pinball eight-yard TD pass to Derrick Coleman in the third quarter.

Michael Bennett had a 22-yard fumble return for a touchdown in the first quarter to give Seattle a 10-0 lead.

THE ASSOCIATED PRESS

4 SPORTS

Keeping their edge with sledge

Team Canada captain Greg Westlake is all smiles after Monday's 5-3 win over Russia at the World Sledge Hockey Challenge in Toronto. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Sochi. No strangers to overcoming obstacles, Paralympic hockey players helping smash disability stereotypes

Greg Westlake grew up playing "standup hockey."

That's what Canada's Paralympic sledge hockey players call the good old game.

"I was as big as the other kids, I had the hand-eye coordination, I was a good athlete and a good hockey player but you hit that realization that you're not going to be the first double-leg amputee in the NHL," said the Oakville, Ont., native. "Once you come to that realization it's like, what else? Do I take school more seriously or do I find other hobbies?"

That's when Westlake discovered that he didn't have to give up the game he loved at all.

Since taking up sledge hockey, he's been to two Paralympics, experiencing both the high of a gold medal in the 2006 Turin Games and the heartbreak of fourth place in 2010 Vancouver. Westlake hopes to lead the team he now captains back to gold for the 2014 Paralympics in Sochi, Russia, on March 7-16.

The Paralympics don't get anywhere near the attention the Olympics get, but that's just one more challenge for these athletes to overcome. And they're very good at overcoming challenges.

These players have all survived things like congenital disorders, childhood cancer, traumatic accidents and even a landmine in Afghanistan. They also had to become elite athletes and skilled players to make the national team.

All Paralympic events from skiing to curling help break down long-standing stereotypes about disability and elite sport, but sledge hockey — a full-contact game — downright smashes them.

"You might see a guy day-to-day in a wheelchair or missing a leg and people feel pity, people feel charity for those guys, and then you come watch a sledge hockey game and you see the hits and the contact," said Westlake.

The Canadian team is undefeated, so far, in the World Sledge Hockey Challenge, the last tournament before the Sochi Paralympics. Canada beat Korea 5-2 on Sunday and Russia 5-3 on Monday in Toronto.

TORSTAR NEWS SERVICE

A new battleground

Dominic Larocque was halfway through his first tour in Afghanistan when the light armoured vehicle he was travelling in hit a landmine. The corporal woke up to discover his left leg had been amputated above the knee and he feared his life was all but over.

- "When I joined the team I had a chance to talk to players in wheelchairs with full lives, wives, kids — and I realized I just lost a leg," he said. "My life is not done."

Curling. Sweeting wins battle of unbeaten rinks

Undefeated Val Sweeting knocked off four-time Scotties winner Jennifer Jones Monday night to claim sole possession of first place at the Canadian Olympic curling trials.

Sweeting, who lives in Vegreville, Alta., but curls out of Edmonton, was down three early but evened things up in six and stole four in the seventh end en route to a 9-6 win over Jones.

Jones, who entered the game in a tie for first with Sweeting, now sits at 2-1 along with fellow Winnipeg skip Chelsea Carey.

The rest of the field sits at 1-2. THE CANADIAN PRESS

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NHL

Jokinen pilots Jets past former team

Olli Jokinen broke a tie with 7:18 left in the third period and then netted an insurance goal moments later to lift the Winnipeg Jets to a 5-2 victory over the New York Rangers on Monday night.

Jokinen, a former Rangers player, also assisted on Devin Setoguchi's tying goal in the second period. THE ASSOCIATED PRESS

MLB

Jays part ways with Arencibia

Catcher J.P. Arencibia was non-tendered by the Toronto Blue Jays on Monday night, making him a free agent.

The move comes hours after Toronto signed free agent catcher Dioner Navarro to a two-year deal.

Arencibia had a .194 batting average last season with 21 home runs and 55 RBIs.

The Jays also tendered contracts to centre-fielder Colby Rasmus, left-handed pitcher Brett Cecil and right-handed pitcher Esmil Rogers. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Montreal	28	16	9	3	76	59	35
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	28	14	14	0	62	71	28
New Jersey	28	11	12	5	61	67	27
Philadelphia	27	12	13	2	57	65	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

Monday's results
Winnipeg 5 NY Rangers 2
Montreal 3 New Jersey 2
Minnesota 2 Philadelphia 0
St. Louis at Los Angeles
Sunday's results
Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)
Tuesday's games
All Times Eastern
San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.
Wednesday's games
Montreal at New Jersey, 7 p.m.
Philadelphia at Detroit, 8 p.m.
Phoenix at Calgary, 10 p.m.
Thursday's games
Dallas at Toronto, 7 p.m.
San Jose at Pittsburgh, 7 p.m.
NY Rangers at Buffalo, 7 p.m.
Winnipeg at Florida, 7:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	29	16	8	5	70	67	37
Winnipeg	29	13	12	4	78	82	30
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

Boston at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Carolina at Nashville, 8 p.m.
NY Islanders at St. Louis, 8 p.m.
Chicago at Minnesota, 8 p.m.
Colorado at Edmonton, 9:30 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, StL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
H. Sedin, Van	7	21	28
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
Karlsson, Ott	7	20	27

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Washington	9	9	.500	7½
d-Toronto	6	10	.375	9½
Atlanta	9	10	.474	8
Charlotte	8	10	.444	8½
Chicago	7	9	.438	8½
Detroit	7	10	.412	9
Boston	7	12	.368	10
Orlando	6	11	.353	10
Philadelphia	6	12	.333	10½
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12½
Milwaukee	3	13	.188	12½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	15	3	.833	—
d-Portland	14	3	.824	½
Oklahoma City	12	3	.800	1½
d-L.A. Clippers	12	6	.667	3
Houston	13	6	.684	2½
Denver	10	6	.625	4
Dallas	10	8	.556	5
Golden State	10	8	.556	5
Phoenix	9	8	.529	5½
New Orleans	9	8	.529	5½
Memphis	8	8	.500	6
L.A. Lakers	9	9	.500	6
Minnesota	9	10	.474	6½
Sacramento	4	11	.267	9½
Utah	4	15	.211	11½

d–division leader

Monday's results
Washington 98 Orlando 80
New Orleans 131 Chicago 128 3OT
San Antonio 102 Atlanta 100
Utah 109 Houston 103
Indiana at Portland
Tuesday's games
Orlando at Philadelphia, 7 p.m.
Denver at Brooklyn, 7:30 p.m.
Milwaukee at Boston, 7:30 p.m.
Detroit at Miami, 7:30 p.m.
Phoenix at Memphis, 8 p.m.
Charlotte at Dallas, 8:30 p.m.
Oklahoma City at Sacramento, 10 p.m.
Toronto at Golden State, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
As the new moon falls in one of the more adventurous areas of your chart, you will take the kind of risk you might usually steer clear of. No doubt it will surprise a few people when it pays off handsomely.

♉ Taurus
April 21 - May 21
In all things there is a natural ebb and flow. If you are on the down side of the curve at the moment, you are sure to be on the up again by week's end.

♊ Gemini
May 22 - June 21
Optimism is generally a good thing but too much can be dangerous. The planets warn you must make an effort to see things as they are today, not as how you dream they might be. That applies especially to partnership matters.

♋ Cancer
June 22 - July 23
If you change your mind about something today, you will most likely have to change it back again later in the week. Stick with the decision you recently made and see it through to the end. What happened to that resolute Cancer nature?

♌ Leo
July 24 - Aug. 23
Yours is one of the most favoured signs at the moment and today's new moon in your fellow Fire sign of Sagittarius urges you to cash in on your creative ideas.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you let the mask of self-control slip and let your emotions get the better of you and that will most likely happen today. If it does, it may be to your benefit.

♎ Libra
Sept. 24 - Oct. 23
Your energy may be high at the moment but don't burn yourself out. Social invitations will come over the next few days but you are under no obligation to says yes to any.

♏ Scorpio
Oct. 24 - Nov. 22
The more you are told you can't have something, the more you will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

♐ Sagittarius
Nov. 23 - Dec. 21
As the new moon takes place in your birth sign, it is essential that you choose one aim and stick with it. This can be one of the most successful times of the year but don't scatter your energies in a dozen directions.

♑ Capricorn
Dec. 22 - Jan. 20
There is no point trying to hide your feelings because others can see how you are hurting. What they don't understand though is why you are hurting. If you need help, you really must be honest with them.

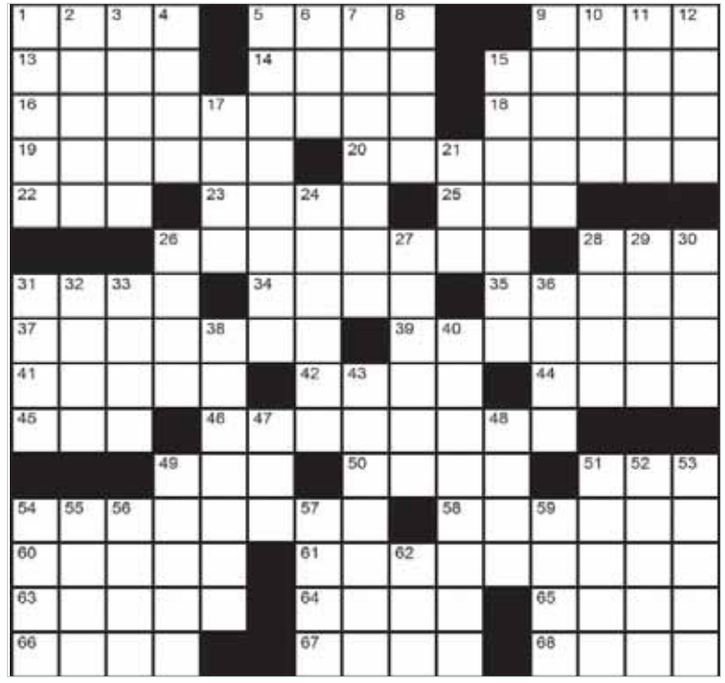
♒ Aquarius
Jan. 21 - Feb. 19
The planets warn you need to watch what you say over the next 24 hours. Not everyone appreciates your directness and honesty, especially when it hurts them personally.

♓ Pisces
Feb. 20 - March 20
You may be dreading upheavals on the work front but the planets suggest you have little to worry about. There will be some adjustments to make, but over time you will benefit. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Punt
5. '90s Halifax band
9. Britney Spears' new album: 'Britney __'
13. __ even keel: 2 wds.
14. Stratford-__-Avon
15. Ms. Berry
16. Potter's penner
18. "Golly!"
19. Anna Karenina's love in Leo Tolstoy's classic book
20. Shoppers __ __
22. Tonality
23. __ Admiral
25. Gambler's cube
26. "Hmm...": 3 wds.
28. Fred __ (Lyricist of Broadway musical Cabaret)
31. Swedish store
34. John who co-hosted "Entertainment Tonight"
35. "Like that'll happen!"
37. Fraser = _ _ __
39. Actress Ferrera
41. CTV journalist Ms. Ien
42. "__ _ help you?" (Store's query)
44. Kinds
45. Fathers of Jr.s
46. College in Ontario; or, actress Nicollette
49. Three non-consonants
50. Singer/songwriter Aimee
51. Grand __ (Wine designation)
54. Egypt: Kingly discovery back in '22: 2 wds.
58. Scratcher's reasons
60. Popeye's enemy
61. Traditional dwelling of the Iroquois
63. Tree type
64. Nine __ Nails
65. Mix
66. Mailing enclosures, e.g.
67. Green, in Gaspe
68. Xs

Down

1. '70s detective series
2. Linen tape for trimmings
3. Comedian Drew
4. Fort __, Kentucky
5. 'Our Pet': St. Vital, MB-born singer, Member of the Order of Canada as well as Canada's Walk of Fame
6. Prefix to 'culture' (Beekeeping)
7. England's capital, in France
8. Civil or Electrical, e.g.
9. Actress Ms. Pressly
10. __ Ostrovsky ("Hot in Cleveland" character)
11. Yankee or Oriole, e.g.
12. Tree dwelling
15. Cleanliness
17. Was alternative
21. 'Quiet' add-on
24. Punish with an arbitrary fine
26. Secular
27. Ms. Twain
28. Santana song: "__ Ways"
29. British guitarist Jeff
30. Cape Breton inland sea, __ d'Or Lake
31. Some PCs
32. Vehicle in "If I Had $1,000,000"
33. Makes mistakes
36. Ireland, in verse
38. Guest
40. One Direction's latest album: '__ Memories'
43. Ulna: 2 wds.
47. Boo-__
48. Literary collection [abbr.]
49. "Melrose Place" star Rob
51. Plane-jumper's need
52. Amber, for example
53. Device operators, for example
54. Time as yet unknown acronym [pl.]
55. Role in "The Producers" (2005)
56. Sassiness, in slang
57. 1054 in ancient Rome
59. Price
62. ATM maker

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		1		5		2	9	
	5	9						
			1					8
4		2	5					
8			6		4			5
					8	3		9
5					3			
						5	1	
	3	8		1		9		6

Yesterday's Sudoku

2	4	6	3	5	8	7	1	9
7	1	3	2	9	4	6	5	8
5	8	9	7	6	1	2	4	3
3	5	1	4	2	6	8	9	7
9	7	4	1	8	3	5	2	6
8	6	2	5	7	9	1	3	4
1	9	5	6	3	7	4	8	2
6	2	8	9	4	5	3	7	1
4	3	7	8	1	2	9	6	5

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Wednesday
1°/-3°
Sunny

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